

Wrexham Early Help resources



Dewis Cymru

A website that provides information about a wide range of local and national help and advice services.

 www.dewis.wales

C.A.L.L Helpline

Community Advice and Listening Line provides emotional support through listening and allowing individuals to talk about a crisis or concern. They also offer information about local agencies that can give support specific to your needs.

 **0800 132 737** or text **81066**.

ICAN – Mental wellbeing support

ICAN supports people aged 18 years and over who may feel Anxious, suffering emotional distress or be worried about a problem. ICAN provide someone to talk to and can connect people to the right Support in the community. ICAN support can be accessed at Wrexham Maelor Hospital, Ysbyty Glan Clwyd and Ysbyty Gwynedd via Emergency Department and is open daily between 7pm and 2am.

Children's SPOA

Children's SPOA is a single point of contact for professionals, families and young people to access early help. They offer information, advice and support in addition to signposting to support from appropriate services. Located in the Crown Buildings, Wrexham the SPOA is open: Monday to Thursday, 8.30am - 5pm and Friday 8.30am - 4.30pm

 **01978 292039**

 SPOAchildren@wrexham.gov.uk

Adult SPOA (Single Point Of Access)

The SPOA provides information, advice and assistance to Adults and help to connect to community provisions. Visit the office in Crown Buildings, Wrexham, Monday to Thursday, 8.30am - 5pm and Friday 8.30am - 4.30pm

 **01978 292066**

 adultsspoa@wrexham.gov.uk

Youth Work & Education

The Info Shop provides free and confidential advice for all 11 - 25 year olds in Wrexham including Need to Talk, Young Wrexham and Advocacy. Visit us at Lambpit Street, Wrexham, Monday, Wednesday & Friday 11.30am - 5.30pm Tuesday & Thursday 11.30am - 4.30pm.

 **01978 295600**

 Infoshop@wrexham.gov.uk

In2Change

In2Change - Young People's Drug & Alcohol Service for 11 - 18 year olds. Offering free & confidential advice and 1:1 support.



01978 295629



in2change@wrexham.gov.uk

Housing Support

Provides support to families or individuals (aged 18 & over) about housing issues including homelessness, vulnerabilities and applications for social or affordable housing. Opening hours are Monday to Friday 9am-5.30pm.



01978 298993

DASU

The Domestic Abuse Safety Unit (DASU) North Wales operates a 24/7 service for women, men and their children affected by domestic abuse. DASU's services are available in Wrexham areas offering advice, support, advocacy and refuge accommodation.



Wrexham **01978 310203**



Live fear free helpline on **0808 80 10 800** to access support and advice.

BAWSO

Bawso is an all Wales Organisation providing generic and specialist services including Training, the provision of temporary accommodation for those affected or are at risk of Domestic abuse and all forms of violence such as Female Genital Mutilation, Forced Marriage, Honour Based Violence, Human trafficking and modern slavery. Our office based in Wrexham supports all of North Wales based in 33 Grosvenor Road, Wrexham.



01978 355 818



24 hour helpline:
0800 7318 147



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POLICE**