KIWANJA.NET
MINDFUL SOCIAL CHANGE

MOBILE DATABASE · PROJECT

MENTALHEALTHUK

Author / organisation	Barnardos Cymru
Year recorded	2007
Region	Europe · England
Category	Health
Original source	news.bbc.co.uk
Archive page	kiwanja.net/mobile-database/mentalhealthuk/

This document is part of the kiwanja.net Mobile Database, an archive of more than 700 articles, reports and projects on mobile technology for development, collected between 2003 and 2010. It is reproduced here for reference; the original author's rights are retained.

Explore more. Browse the full archive at kiwanja.net/mobile-database.
Looking for support with your own social change work? See kiwanja.net/work-with-me.
Ken Banks offers coaching, mentoring and strategy support.

BBC NEWS

Text helpline for pupils opened

Pupils with problems at two comprehensive schools can text for advice in a scheme being launched by children's charity Barnardo's Cymru.

The Cerys project is operating at Bryngwyn school in Llanelli and Queen Elizabeth High School, Carmarthen.

Barnardo's Cymru said the pilot scheme is the first of its kind in the UK.

Already project workers have replied to texts from youngsters worried about everything from bullying to problems at home and self-harming.

A manager and two workers are running the £65,000 project which will be open to receive texts three days a week.

Pupils aged 11 to 14 in the two schools have been given pocket-sized cards with the text helpline number on them.

> **When we get a text to the helpline, we text the pupils back reassuring them and offering support**
> Project manager Mary Law

As well as the confidential helpline, the service will offer one-to-one support for pupils facing emotional distress.

Project manager Mary Law said the Cerys scheme was "a modern way of communicating with young people, most of whom feel comfortable texting and will see it as safe and easy to do".

The scheme was all about building up pupils' emotional intelligence, she said.

'Received texts'

She added: "When we get a text to the helpline, we text the pupils back reassuring them and offering support of signposting them on where to get help.

"We also offer them a phone call. Sometimes they will just want to continue texting but at other times they will say yes and we can call and talk to them.

"Already we have received texts about bullying, young people's concerns about being overweight, problems at home and self-harming."

The charity launched the scheme in Carmarthenshire because it is already working there with young carers and also other disabled youngsters, but a Barnardo's spokeswoman said it could be extended if it is successful and they receive more funding.

The helpline has funding until the end of March and beyond that Barnardo's say they are hoping to find partners to fund the work.

The helpline is open for the pupils at the two schools at the following times: Monday 0700-0900 GMT, Wednesday 1500-1700 GMT, and Friday 1500 to 1630 GMT.

Story from BBC NEWS:
http://news.bbc.co.uk/go/pr/fr/-/2/hi/uk_news/wales/south_west/4674534.stm

Published: 2006/02/03 07:09:26 GMT

© BBC MMVII