



## Ceredigion Mental Health Directory 2016

For more information, or to send an addition or amendment to the Directory please contact:

**WWAMH**

**The Mount**

**18 Queen Street**

**Carmarthen**

**SA31 1JT**

**01267 245572**

**[director@wwamh.org.uk](mailto:director@wwamh.org.uk)**

GROUP/ORGANISATION MUDIAD	CONTACT NAME & ADDRESS/CYSWLLT	TELEPHONE NUMBER/FFON	SERVICE PROVIDED GWASANAETH	AGE OEDRAN
<b>Aberystwyth Social Clubs</b> <b>Managed by Hafal</b>	The Cambria Marine Terrace Aberystwyth SY23 2AZ	<b>01970 624756</b>	Hafal exists to improve the lives of people affected by <b><u>schizophrenia</u></b> and other <b><u>severe mental illness</u></b> by providing quality support, services and information and by influencing local, regional and national policies. Sunday Drop In Club 10.00 am – 5.00 pm. Day Centre, Park Avenue, Aberystwyth. Snooker, Arts, Crafts, Snacks. Member Partnership Meetings monthly. Wednesday Drop In Club 6.45 pm – 9.00 pm, Day Centre, Park Avenue, Aberystwyth. Thursday Lunch Club 10.30 am – 2.00 pm, Morlan Centre, Queen’s Road, Aberystwyth Healthy 2 course lunch. Activities Club – night trips to Cinema, Theatre. Day trips to places of interest. Shopping. Open Bank Holidays	18+
<b>Alzheimers Society Aberystwyth</b>	31 North Parade, Aberystwyth. SY23 2JN	<b>01970 623808</b>	Fundraising. Support meeting held on 2 <sup>nd</sup> Friday of each month at Hafan Y Waun, Waun Fawr, Aberystwyth 2.00 pm – 3.30 pm.	65+

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<b>CAMFAN</b>	4 & 4A Drovers Road, Lampeter	<b>01570 421190</b>  <a href="http://www.camfa.org.uk">www.camfa.org.uk</a>	Camfan provides a 3day drop in and support service for clients with or recovering from mental distress_including a low cost healthy option freshly cooked lunch. Tuesday - 10.00 am – 4.00 pm. Thursday 10.00 am – 4.00 pm. Friday 10.00 am – 4.00 pm. Quiz, Computers Sat 10.00 am – 1.00 pm. Coffee/tea/social. Sunday 10.00 am – 4.30 pm. Luncheon Club. Membership of Camfan is through referral from GP, any professional in surgery, CMHT, Supporting People or self.	16+
<b>West Wales Womens Aid</b>	Women's Aid, PO Box 5, Cardigan SA43 1LE	<b>01239 615385</b>  <a href="mailto:cardiganwa@yahoo.co.uk">cardiganwa@yahoo.co.uk</a>	Safe place and support for women and their children experiencing domestic violence and suffering from <b><u>mild mental health problems.</u></b>	16+
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<b>Ceredigion Crossroads</b>	Enlli Bronglais General Hospital Aberystwyth SY23 1ER	<b>01970 627966</b>  <a href="mailto:ceredigion@crossroads.org.uk">ceredigion@crossroads.org.uk</a>	Crossroads provides support and home based respite to carers where cared for over the age of 18 and who suffer from Alzheimers, Senile Dementia, severe depression, stroke and Parkinsons. Saturday respite club provides care for up to 5 hours at alternating centres – Canolfan Padarn, Aberystwyth and Yr Hafod, Cardigan. Extended respite available in the home.	18+

<b>Ceredigion Mental Health Forum</b>	West Wales Action for Mental Health	<b>07435963647</b>  <b>Ceredigion@wwamh.org.uk</b>	The aim of the forum is to monitor and improve the standard of mental health services in Ceredigion by promoting the views, concerns and interests of people who have used or will use or are using mental health services and to influence changes within the statutory agencies on behalf of service users, their carers and representatives of appropriate voluntary organisations.	All
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Citizen's Advice Bureau		01970 612817	No restriction to age or level of illness of clients seen. <u>Lampeter</u> Monday – 9.15 am – 11.45 am <u>Tregaron</u> Tuesday – 9.00 am – 11.30 pm <u>Penparcau</u> Tuesday 1.00 pm – 3.00 pm <u>Ponterwyd</u> 1 <sup>st</sup> and 3 <sup>rd</sup> Monday of every month 4.00 pm – 6.00 pm <u>Devil's Bridge</u> 2 <sup>nd</sup> and 4 <sup>th</sup> Monday of every month 4.00 pm – 6.00 pm	All
<b>Gwalia Ceredigion Mental Health Floating Support Team in Cardigan,</b>	based at Theatre Mwldan, Bath House Road, Cardigan, Ceredigion, SA43 1JY	Tel 01239 621381, covering the South of Ceredigion		
<b>Cyfarfod Managed by Hafal</b>	9 Portland Road, Aberystwyth, Ceredigion, SY23 2NL <b>01970 624756</b>		Befriending Scheme available to those suffering from <u>serious mental illness</u> Monday and Friday pm – office, otherwise mobile phone 9.00 am – 5.00 pm	18+

<b>Cyswllt Ceredigion Contact</b>	49 North Parade Aberystwyth SY23 2JN	<b>01970 626470</b> <b>01970 626644 fax</b> <a href="mailto:office@recovery.org.uk">office@recovery.org.uk</a>  <a href="http://www.recovery.org.uk">www.recovery.org.uk</a>	Working with people with alcohol, drug and food dependencies and those affected by someone else's problem. Supporting people provided for clients. We offer initial assessment followed by invitation to one of our programmes or referral to another professional organisation. <ul style="list-style-type: none"> <li>➤ Drug and alcohol Awareness Programme</li> <li>➤ 12 week abstinence based day treatment</li> <li>➤ Aftercare</li> </ul>	16+
<b>Ceredigion Advocacy via Advocacy West Wales and Eiriol on a Cardigan Drop in basis one day a week</b>		<b>01437-762935</b>	Independent Confidential Advocacy. <ol style="list-style-type: none"> <li>1. Mental health advocacy for adults (18-65)</li> <li>2. Advocacy for Learning Disabilities clients.</li> </ol>	18-65
<b>Kinora</b> Delivered by Clynyfw Care Farm  Clynyfw Care Farm- range of support and also respite accommodation (planned not emergency).	Bronwydd House, St Mary's Street, Cardigan SA43 1HA	<a href="http://www.clynyfw.co.uk">www.clynyfw.co.uk</a> , 01239 841236	Drop in and resource centre offering a range of in house and outreach services predominantly for people with <b><u>mild to medium mental health problems</u></b> . Regular drop in for Cardigan area	18+
<b>Mewn Golwg/Insight</b>	Blaencringoed Mydroilyn Lampeter SA48 7RD	<b>01545 580614</b> <b>07929437776</b>  <a href="mailto:insightmewngolwg@aol.com">insightmewngolwg@aol.com</a>	Insight/Mewn Golwg offer experiential workshops, using interactive games and exercises, centred on fun and creativity. The aim is to foster emotional well-being, self-development and a sense of community	18+

<b>MIND Aberystwyth</b>	Mrs Fiona Aldred Centre Manager MIND Aberystwyth The Mill Riverside Terrace Mill Street Aberystwyth SY23 1JB	<b>01970 626225</b>  <a href="mailto:info@mindaberystwyth.org">info@mindaberystwyth.org</a>	<b>Services include a café style drop-in centre, a range of therapeutic activities including Art, Craft, Wellbeing, Woodlands eco therapy and an Autism support group one evening a week. The service also offers one to one support in people's homes to help with independent living and maintaining a home, and support to people on the Autistic Spectrum. Mind Aberystwyth also delivers a specialist Stop Smoking service for people experiencing mental distress in Ceredigion and throughout Wales. The services are open to people experiencing mental illness, their friends, family, and supporters, through self-referral or referral from another agency.</b>	18+
<b>Mind Your Heart/Codi Calon</b>	Jan Batty	<b>01570 423957</b> <b>07875 206777</b>  <a href="mailto:jan.batty@nphs.wales.nhs.uk">jan.batty@nphs.wales.nhs.uk</a>	Aims to improve the physical health of users of mental health services. Provides free training, information and support to staff and volunteers on physical activity, healthy eating, smoking cessation, stress reduction etc	18+
<b>Noddfa Aberaeron</b>	British Legion Hall Oxford Street Aberaeron SY46 0JB	<b>01545 571537</b>	Drop in facilities on Tuesday and Thursday, 10.00 am – 2.00 pm for people with <b><u>mild mental health problems</u></b> . Range of activities, hot lunch.	20plus

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<b>Dyfed Drug and Alcohol Services</b>	25 North Parade Aberystwyth SY23 2JN  Cardigan Hafafordwest Llanelli	01970626470 <a href="mailto:Emma.lamb@drugaidcymru.com">Emma.lamb@drugaidcymru.com</a>	Provides free advice, support and information for adults who are affected by their own or someone else's use of alcohol.	
<b>Seibiant Managed by Hafal</b>		<b>01970 624756</b>	Respite for carers of adults with <b><u>long- term mental illness</u></b> or who are in recovery.	18+
<b>Aberystwyth Social</b>	Portland Road, Aberystwyth,	<b>01970 624756</b>	Sunday 11am - 4pm	



<b>Clubs (Resource Centre)</b>	Ceredigion, SY23 2NL		Monday 12am - 3pm Wednesday 4pm - 7pm Thursday 11am - 4-pm	
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<b>Seren</b>		<b>0845 4561657</b>  <a href="http://www.serenwales.org.uk">www.serenwales.org.uk</a>	We can offer: <ul style="list-style-type: none"> <li>➤ Free confidential service</li> <li>➤ 12 sessions of one to one counselling with professional counsellors who have been trained in sexual abuse issues.</li> <li>➤ Group support</li> <li>➤ Resource information</li> <li>➤ Training of those working with people who have been sexually abused as children.</li> </ul>	18+
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<b>Tir Coed</b>	Denmark Farm Bettws Bledrws Lampeter SA48 8PB Ty Lisburne Pontrhydygroes Ystrad Meurig Ceredigion SY25 6DQ	<b>01570 493224</b>  <a href="mailto:becky-tircoed@fsmail.net">becky-tircoed@fsmail.net</a>  <b>01974 282476</b>  <a href="mailto:Gwyneth@ystwyth-tircoed.fsnet.co.uk">Gwyneth@ystwyth-tircoed.fsnet.co.uk</a>	Woodland related activities for people suffering from <u>mild to medium mental health problems</u> . Group work. Training offered.	All
<b>The Wallich</b>	The Beardsey Borth High Street Borth	<b>01970 871605</b>  <a href="mailto:cyra.shimell@thewallich.net">cyra.shimell@thewallich.net</a>	The service helps to prevent homelessness by supporting people in their own home, assisting them to live independently and maintain a secure tenancy. Solutions worker. Two residential projects supporting people. Direct referrals through Local Authority.	16+
<b>West Wales Action for Mental Health</b>	The Mount 18 Queen Street Carmarthen	<b>07435963647</b> <b>01267 245572</b> <b>Ceredigion@wwamh.org.uk</b>	A mental health agency providing information, development, support and training to all mental health groups in the voluntary sector in	All

			Ceredigion. Monday – Friday 9.00 am – 5.00 pm	
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Ceredigion Primary Care Team	Manager Bleddyn Lewis Llys Steffan, Teras y Deml, Llanbedr Pont Steffan, Ceredigion, SA48 7BJ. Llys Steffan, Temple Terrace, Lampeter, Ce redigion, SA48 7BJ.	Rhif Ffon/Tel: 01570 424223 Fon Symudol/Mobile: 07772 642708  E- bost/Email: <a href="mailto:bleddyn.lewis@wales.nhs.uk">bleddyn.lewis@wales.nhs.uk</a>		Bwrdd Iechyd Hywel Dda / Hywel Dda Health Board

## HELPLINES

Help available over the phone.....

### General Support and Advice

CALL

All Wales Community Advice and Listening Line.  
Mental health advice and support.  
24 hour helpline  
**Tel: 0800 132737 (Freephone)**

### **Beating Eating Disorders (BEAT)**

Help for people affected by eating disorders and their families.

**Tel: 0845634 1414**

Mon-Fri 10.30 am – 8.30 pm

Saturday 1.00pm – 4.30 pm

Sunday – closed

Bank Holidays 11.30 am – 2.30 pm

Email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

### **Youthline (Age 18 and under)**

**Tel: 0845 6347650**

Mon – Fri 4.30pm – 8.30 pm

Saturday 1.00 pm – 4.30 pm

Email: [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

Text Service: 07786201820

### **First Steps to Freedom**

For people experiencing anxiety/panic attacks, OCD phobias, tranquilliser withdrawal.

Listening, support and information 10.00 am – 10.00 pm every day

**Tel: 0845 1202916**

### **MDF Bi Polar Cymru**

Advice and information for people with Bi Polar and their families  
**Tel: 0845 6 340080**

### **Mind Info Line**

**Tel: 0845 7660163 (local rate calls)**

Weekdays 9.00 am – 5.00 pm

**Legal Advice Line (Mental Health Law)**

Weekdays 9.00 am – 5.00 pm

### **NHS Direct Wales/Galw Iechyd Cymru**

Health advice and information service.

**Tel: 0845 4647**

### **No Panic**

Help for people with anxiety, panic attacks, OCD and phobias. Advice, information, listening. Self-help and support groups on the phone.

**Tel: 0808 8080545 (freephone)**

10.00 am – 10.00 pm

### **Rethink Severe Mental Illness**

**(formally NSF)**

Information and advice on Schizophrenia and severe mental illness.

**Tel: 02089 746814**

### **Samaritans**

Confidential emotional support

**Tel: 0845 7 909090**

24 hour helpline

## **NAPAC**

**(National Assoc of People Abused in Childhood)**

**Tel: 0800 085 3330**

Mon – Fri 10.30 am – 9.00 pm

Website: [www.napac.org.uk](http://www.napac.org.uk)

## **Children and Young People**

### **Childline**

Free confidential telephone help for children or young people.

Open 24 hours a day, everyday.

**Tel: 0800 1111 (freephone)**

[www.childline.org.uk](http://www.childline.org.uk)

### **Young Minds – Parents Information Service**

Information and advice for parents or anyone concerned about the mental health of a child or young person.

**Tel: 0800 018 2138 (freephone)**

Mon - Fri 10.00 am – 4.00 pm

Weds evening 6.00 pm – 8.00 pm

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

## **Drugs, Alcohol and Addiction**

### **National Drugs Helpline**

Advice and information for anyone concerned about drug or solvent misuse.

**Tel: 0800 77 66 00 (24hr free phone)**

## **Housing and Homelessness**

### **Shelterline**

Homeless? Housing problems?

Advice and information line

**Tel: 0808 800 4444**

8.00 am – 12 midnight every day

Website: [www.shelter.org.uk](http://www.shelter.org.uk)

## **Older People**

### **Age Concern**

Information on community care, residential care, money, housing and legal issues.

**Tel: 0800 009966**

8.00 am – 7.00 pm 7 days a week

### **Alzheimer Helpline**

Helpline for people with dementia, carers and professionals

**0808 808 3000**

24 hour helpline

### **Women**

### **Bristol Crisis Service for Women**

Advice and help for women who self-harm.

**Tel: 0117 925 1119**

Fri & Sat 9.00 pm – 12.30 am

Sun 6.00 pm – 9.00 pm

### **Association for Post Natal Illness**

Advice and information for women, their friends and families and professionals

**0207 386 0868**

### **National Domestic Violence Helpline**

**(run in partnership with Women's Aid and Refuge)**

Crisis line – counselling support and welfare rights advice for women and children escaping domestic violence.

Network of refuges across the UK.

**0808 2000 247**

Website: [www.refuge.org.uk](http://www.refuge.org.uk)

Or: [www.womensaid.org.uk](http://www.womensaid.org.uk)