



## **Carmarthenshire Mental Health Directory 2021**

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

**WWAMH**  
**18 Queen Street**  
**Carmarthen**  
**Carmarthenshire**  
**SA31 1JT**

**01267 245572**  
**[director@wwamh.org.uk](mailto:director@wwamh.org.uk)**



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Active 10 (NHS APP)</b>		Website: <a href="https://www.nhs.uk/oneyou/active10/home">https://www.nhs.uk/oneyou/active10/home</a>	NHS app which helps you quickly and simply do more brisk walking in bursts of 10 minutes, to increase your health and to help lower your risk of serious illness.
<b>Activate Your Life Training</b>		Tel: 01554 779351  Mob: 07816064644  Mob: 07816064643  Email: <a href="mailto:ACT.hdd@wales.nhs.uk">ACT.hdd@wales.nhs.uk</a>	<p>ACTivate your Life is a psychology course that will help you to understand yourself better, and to understand your Mind. The course is based on a relatively new approach to therapy – Acceptance and Commitment (ACT).</p> <p>ACT helps people to overcome their suffering using ‘mindfulness’ and by helping you to understand how to live-in accordance with your own important values. The course is all about having a better life.</p>
<b>Adlerian Society of Wales</b>	56, St James Street Narberth SA67 7DA	Tel: 01834 860330  Email: <a href="mailto:office@adleriansocietywales.org.uk">office@adleriansocietywales.org.uk</a>  Website: <a href="http://www.adleriansocietywales.org.uk">www.adleriansocietywales.org.uk</a>	<p>The Society is not only a counselling and training centre, but also a Charity. The Charity itself is funded through donations, room hire, membership etc. The income we generate through these activities helps fund low cost counselling, Community Wellbeing Hubs and our Welcome Visitor Project, working with the elderly, offering social interaction and support in Car Homes and in their own homes.</p> <p>Funding received in February 2020 for counselling sessions for children and young people aged 14-21.</p>



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<b>Adult Mental Health Services</b>	Bryngofal Ward Prince Phillip Hospital Caerbryn Llanelli SA14 8QF  Morlais Ward Dolgwilli Road Carmarthen SA31 2AF	Tel: 01554 745752    Tel: 01267 235151	Mixed gender assessment, care and treatment ward within the hospitals.



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<p>Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC)</p>		<p>Website: <a href="http://www.advocacywestwales.org.uk">www.advocacywestwales.org.uk</a></p>	<p>Advocacy West Wales are now also offering <b>FREE &amp; INDEPENDENT All Ages Mental Health Advocacy</b> as well as <b>Mental Health Advocacy for Children &amp; Young Persons in Ceredigion</b>.  <b>Tel: 01970 229116 (Ceredigion).</b>  <b>Email: <a href="mailto:imha@advocacywestwales.org.uk">imha@advocacywestwales.org.uk</a></b></p> <p><b>Community Mental Health Advocacy for Adults in Carmarthenshire and Pembrokeshire:</b>  Advocacy West Wales provide an independent advocacy service and they can help you access mental health support services in Pembrokeshire and Carmarthenshire. Speak to an independent mental health advocate. Availability: Monday-Friday 09:00 - 17:00 (Not Bank Holidays). <b>Tel: 01267 231122 (Carmarthenshire) or 01437 762935 (Pembrokeshire).</b></p> <p><b>Independent Mental Health Advocacy for People of All Ages in Carmarthenshire, Ceredigion and Pembrokeshire:</b> Advocacy for people who are informal or detained, being treated or assessed in hospital for their mental health (including dementia). Also, people on section of the Mental Health Act and living in the community. Availability: Monday - Friday 09:00-17:00 (Not Bank Holidays) <b>Tel: 01267 223197 or FAX a referral to 01437 839174 or Email: <a href="mailto:imha@advocacywestwales.org.uk">imha@advocacywestwales.org.uk</a>.</b></p> <p>Continued/...</p>



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<b>Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC) / Continued/...</b>			<p>Continued/...</p> <p><b>Carers Advocacy:</b> For Carers of people with mental ill conditions. Help to understand your rights as a Carer, to access carer's assessments and to be involved in care and treatment planning for the person you support. Availability: Monday - Friday 09:00-17:00 (Not Bank Holidays). <b>Tel: 01267 235427 (Carmarthenshire).</b></p> <p><b>CIPA - Ceredigion Independent Professional Advocacy:</b> Advocacy for people who have needs for social care and support, or their Carers, including assessment, care planning and review, safeguarding and complaints. <b>Tel: FREEPHONE 0800 20161387.</b>  <b>Email: <a href="mailto:info@cipawales.org.uk">info@cipawales.org.uk</a>.</b>  <b>Website: <a href="http://www.cipawales.org.uk">http://www.cipawales.org.uk</a>.</b></p>
<b>Age Cymru Dyfed</b>	Unit 5–11 100 Trostre Road Llanelli SA15 2EA	Tel: 01554 784080  Email: <a href="mailto:reception@agecymruydyfed.org.uk">reception@agecymruydyfed.org.uk</a>  Website: <a href="http://www.ageuk.org.uk/cymru/dyfed">www.ageuk.org.uk/cymru/dyfed</a>	<p>Charity providing information, advice and signposting to other services e.g. welfare benefits and advocacy.</p> <p>Befriending links, garden service at home, trade man lists, handyperson – small jobs around the home, teaching computer skills at home, short term activities and luncheon groups.</p>



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Age Cymru		Telephone: 0300 303 4498  Email: <a href="mailto:enquiries@agecymru.org.uk">enquiries@agecymru.org.uk</a>  Website: <a href="https://www.ageuk.org.uk/cymru/">https://www.ageuk.org.uk/cymru/</a>  Facebook: <a href="https://www.facebook.com/Age-Cymru-Sir-Gar-237052943365286/">https://www.facebook.com/Age-Cymru-Sir-Gar-237052943365286/</a>	Age Cymru 'Check in and Chat' telephone service for the over 70s in Wales who live alone. It is hoped that the initiative will help provide some reassurance to older people, answer basic queries and link people to local services and support during the Coronavirus outbreak. Free of charge to register with Age Cymru to receive a regular telephone call from the charity in either English or Welsh. Availability: Monday – Friday 09:30 – 16:30



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<b>Age Cymru Dyfed</b>		<p>Tel: 01437 723370 (Haverfordwest)</p> <p>Tel: 01554 784080 (Llanelli)</p> <p>Tel: 01970 615151 (Aberystwyth)</p> <p>Tel: 01239 615777 (Cardigan)</p> <p>Email: <a href="mailto:reception@agecymrudfyfed.org.uk">reception@agecymrudfyfed.org.uk</a></p> <p><b>Befriending Life Links Contacts:</b></p> <p>Pembrokeshire: Emma – <a href="mailto:Emma.Bingham@agecymrudfyfed.org.uk">Emma.Bingham@agecymrudfyfed.org.uk</a></p> <p>Mobile: 07415 721205</p> <p>Carmarthenshire: Jo-Anne – <a href="mailto:Jo-Anne.Zepettis@agecymrudfyfed.org.uk">Jo-Anne.Zepettis@agecymrudfyfed.org.uk</a></p> <p>Mobile: 07985 169934</p> <p>Ceredigion: Sue – <a href="mailto:Sue.Lewis@agecymrudfyfed.org.uk">Sue.Lewis@agecymrudfyfed.org.uk</a></p> <p>Mobile: 07402 255010</p>	<p>We are currently monitoring the Covid-19 guidelines from the Welsh Government and are committed to making our services available safely and compliantly. If you have any questions regarding our services and current delivery, please use the contact details provided for that service or email.</p> <p>Age Cymru Dyfed operates across Pembrokeshire, Carmarthenshire and Ceredigion, supporting individuals over 50 to maintain their independence and make the most of later life. We do this through a range of services across the three counties. Please note that the delivery of some of our services has been adapted in line with Welsh Government guidelines.</p> <p>Continued/...</p>



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<p><b>Age Cymru Dyfed</b> Continued/...</p>			<p>Continued/...</p> <p>Age Cymru offers:</p> <p>Information and Advice, Digital Support, Advocacy, Dementia Advice, Befriending Life Links, Byw Adref Home Cleaning (Ceredigion &amp; N. Pems), Veterans Support, Handyperson and Gardening, Ceredigion 3<sup>rd</sup> Sector Community Resource Team, Toe-Nail Cutting (this service is currently suspended due to Covid-19 guidelines), Falls Prevention Classes.</p> <p><b>Opening Hours:</b></p> <p><b>Haverfordwest:</b> Monday–Thursday, 10am-1pm &amp; 2pm-4pm</p> <p><b>Llanelli:</b> Monday–Friday, 10am-1pm &amp; 2pm-4pm</p> <p><b>Aberystwyth:</b> Monday-Friday, 10am-1pm &amp; 2pm-4pm</p> <p><b>Cardigan:</b> Monday-Thursday, 10am-1pm &amp; 2pm-4pm</p>





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<b>Age Cymru Dyfed – Digital Champions</b>		Tel: 01554 784080  Email: <a href="mailto:p.mcilroy@agecymrudyfed.org.uk">p.mcilroy@agecymrudyfed.org.uk</a>	Age Cymru Dyfed have got dedicated Digital Champions on hand to support people 50+ to make the most of technology. Through free sessions delivered safely over the phone, we can guide you through the tasks that you want to achieve. Whether that be video calling family and friends, making an online shop, or pursuing hobbies and interests, we are here to help. Simply give Age Cymru Dyfed a ring or email.
<b>Alzheimer’s Society Carmarthenshire Groups</b>	7B Hall Street Ammanford SA18 3BW	Gwen James - contact Tel: 01269 597411  Email: <a href="mailto:carmarthenshire@alzheimers.org.uk">carmarthenshire@alzheimers.org.uk</a>  Website: <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>	Care and research charity for people with dementia, their families and carers.
<b>Amethyst Project</b>	Small World Theatre Cardigan SA43 1JY	Tel: 01239 615 952  Email: <a href="mailto:deri@smallworld.org.uk">deri@smallworld.org.uk</a>  Website: <a href="http://www.smallworld.org.uk/amethyst">www.smallworld.org.uk/amethyst</a>	Workshops for young people who have experienced issues around self-harm, anxiety, depression, low confidence and low self-esteem.  Workshops also available for parents or guardians of young people that are struggling with the above issues



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<b>ARC Homes Accommodation Recovery Community</b>	Copperworks Road Llanelli SA15 2NE	Tara Nankivell Manager  Tel: 01554 771122  Mob: 07707 225550  Email: <a href="mailto:archomes@chooselifeuk.com">archomes@chooselifeuk.com</a>	<p>ARC Homes is an enterprise of Chooselife UK.</p> <p>ARC Homes accepts referrals for people who have varying needs and issues.</p> <p>We try to accommodate anyone who comes to them for support, however we sometimes hold a waiting list, preference is given to local persons who are either homeless, ex-offenders, have drug-alcohol problems, or struggle with mental health issues.</p> <p>We house a variety of people. Our aim is to provide tailored support that enables residents to maintain their tenancies. People can stay with us for as long as they need to in order that they have the chance to turn their lives around.</p> <p>ARC Homes builds a support network around residents, this network includes other organisations who also support them to stay safe, reach their goals and create a better future for themselves.</p>



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<b>Area 43</b>	1 Pont y Cleifion Cardigan Ceredigion SA43 1DW	Tel: 0800 0385778 / 01239 614566  Website: <a href="https://www.area43.co.uk/">https://www.area43.co.uk/</a>	<p>School counsellors. Offer counselling remotely, via Zoom, an online platform using text, audio or video link or over the phone. For school age children/young people in Ceredigion, Carmarthenshire and Pembrokeshire. Availability: Monday – Friday 09:30 – 17:00.</p> <p>To access counselling support, please complete the self-referral link and a counsellor will contact you. <a href="https://www.area43.co.uk/referrals/">https://www.area43.co.uk/referrals/</a></p>



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<b>Area Mental Health Teams</b>	<p>Wellfield Resource Centre 22 Wellfield Road Carmarthen SA31 1DS</p> <p>Swyn y Gwynt Resource Centre 48B Tirydail Lane Ammanford SA18 3AR</p> <p>Brynmair Clinic 11 Goring Road Llanelli SA15 3HF</p> <p>Llandovery Cottage Hospital Llanfair Road Llandovery SA20 0LA</p>	<p>Emergency out of hours social services</p> <p>Tel: 01558 824283 (Careline)</p> <p>Carmarthen: 01267 236017</p> <p>Ammanford: 01269 595473</p> <p>Llanelli: 01554 772768</p> <p>Llandovery: 01550 777771</p> <p>Website: <a href="http://www.wales.nhs.uk">www.wales.nhs.uk</a></p>	<p>Monday to Friday 9am to 5pm for Social Services and Community Psychiatric Nurses.</p> <p>Emergency out of hours for Social Services – Careline.</p>



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<b>Arts Care Gofal Celf (ACGC)</b>	Ground Floor 24 King Street Carmarthen SA31 1BS	Tel: 01267 243815  Email: <a href="mailto:info@acgc.co.uk">info@acgc.co.uk</a>  Website: <a href="http://www.acgc.co.uk">www.acgc.co.uk</a>	Arts Care Gofal Celf is a professional charitable arts organisation based in Carmarthen, West Wales. We are experienced in delivering high quality projects for & with people of all ages, backgrounds and lifestyles. Closed at the moment but some online sessions on the FaceBook Page, including exercise classes and yoga. Classes available online 24/7. <a href="https://www.youtube.com/channel/UCBP35gb7CYzqeuf84404fzw">https://www.youtube.com/channel/UCBP35gb7CYzqeuf84404fzw</a> <a href="https://www.facebook.com/artscaregofalcelf/">https://www.facebook.com/artscaregofalcelf/</a> .
<b>Arts 4 Wellbeing</b>		Tel: 01559 363273	Engage, Inspire, Motivate. Harnessing creativity, Improving lives and community.
<b>Autism Wellbeing CIC</b>		Tel: 07393 664048 (Rorie Fulton)  Email: <a href="mailto:rorie@autismwellbeing.org.uk">rorie@autismwellbeing.org.uk</a>	Autism Wellbeing is a West Wales based non-profit community organisation that provides support to autistic people and their families. There are 2 Facebook peer support groups that are moderated by Autism Wellbeing. People are welcome to join either or both. Covid-19 peer support group for autistic people. Covid-19 peer support group for parents and carers of autistic people. Our services include a telephone helpline for autistic people, parents and professionals, sensory equipment loan, autism diagnostic assessment (NICE compatible), Visual Stress (Irlen Syndrome) Screening, one-to-one and group specialist psychological support and Responsive Communication home visits. Specialist psychological support and Responsive Communication support can also be provided online.



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<b>Awaydays</b>		Contact: Alan  Mob: 07507257692  Email: <a href="mailto:awaydays@mail.com">awaydays@mail.com</a>	Awaydays is a social befriending group run by and for people with experience of mental health problems.
<b>Awaydays Coastcare</b>	Cellar Cafe English Baptist Church Lammas Street Carmarthen SA31 3AD	Contact: Alan  Mob: 07507257692  Email: <a href="mailto:awaydayscoastcare@mail.com">awaydayscoastcare@mail.com</a>	A peer support group for people who have experienced emotional support needs. We arrange events to encompass the natural environment and experience it while also giving something back to the environment.  Beach cleans, coastal walks, riverside and lakeside litter picks and area management.



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<b>Barod &amp; We are With You</b>		Telephone: 0808 8010750  Website: <a href="http://www.barod/cymru/over-50s-alcohol-helpline/">www.barod/cymru/over-50s-alcohol-helpline/</a>	<p><a href="#">We Are With You</a> and <a href="#">Barod</a> have launched an <b>Over 50s Alcohol Helpline</b> providing confidential support and advice to individuals aged over 50 worried about their drinking, and their concerned others. The helpline is also available for professionals supporting people aged over 50.</p> <p>The helpline is available 7 days a week and is open during the following times:</p> <ul style="list-style-type: none"><li>• <b>Monday to Friday – 12pm – 8pm</b></li><li>• <b>Saturday &amp; Sunday – 10am – 4pm</b></li></ul> <p>If someone would rather not talk on the phone, we also have a <a href="#">webchat</a> service offering instant text-based help, 7-days a week. Just click on the 'Chat now' tab at the bottom right hand corner of the screen.</p>



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<b>BEAT Eating Disorders</b>		Tel: 0808 801 0677 Website: <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>	<p><b>The Sanctuary</b> is an online chat group created specifically in response to coronavirus and the anxieties this could lead to for people with an eating disorder. It is a safe, online space for people with an eating disorder to share concerns and advice on how they are coping with the pandemic. <i>Eating disorders thrive in isolation</i>, so it is important to stay connected and support each other through this. Unlike our other online groups, The Sanctuary is available daily 6:00pm to 8:00pm.</p> <p>If you have any questions or concerns about the group, please email <a href="mailto:onlineservices@beateatingdisorders.org.uk">onlineservices@beateatingdisorders.org.uk</a>.</p> <p>Continued/...</p>





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Organisation	Address	Telephone/Email/Website	Service Provided
<b>BEAT Eating Disorders Continued/...</b>			<p>We have a new peer-supported video group for anyone in Wales supporting a loved one with recovery from an eating disorder starting on Monday 28<sup>th</sup> September called <b>Solace</b>. Facilitated by experienced eating disorder clinicians, the groups provide a safe peer support space for carers to find support and empathy from people who truly understand. Space on the group can be booked  <a href="https://www.beateatingdisorders.org.uk/support-services/someone-else/solace">here: https://www.beateatingdisorders.org.uk/support-services/someone-else/solace</a></p> <p><b>Raising Resilience</b> is Beat’s new workshop for parents, siblings, partners, and others supporting their loved one’s recovery. Taking place via video, carers will learn new skills from an experienced eating disorder clinician to help their loved one towards recovery.  <a href="https://www.beateatingdisorders.org.uk/support-services/someone-else/parents-carers/raising-resilience">https://www.beateatingdisorders.org.uk/support-services/someone-else/parents-carers/raising-resilience</a></p> <p><b>Nexus</b> is Beat’s new telephone advice and coaching service for anyone supporting someone with recovery from an eating disorder. Through a series of weekly calls, it’s designed to provide carers with a place to talk through what they are going through and empower them to help their loved one towards positive change. <a href="https://www.beateatingdisorders.org.uk/support-services/someone-else/telephone/nexus">https://www.beateatingdisorders.org.uk/support-services/someone-else/telephone/nexus</a> Continued/...</p>



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<b>BEAT Eating Disorders Continued/...</b>			<p>Continued/...</p> <p><b>Bolster</b> is Beat's new telephone coaching service for people who have an eating disorder. It's designed to build confidence through recovery via a series of weekly phone calls with one of our advisors. <a href="https://www.beateatingdisorders.org.uk/support-services/myself/telephone/bolster">https://www.beateatingdisorders.org.uk/support-services/myself/telephone/bolster</a></p> <p><b>Our Helpline</b>, which covers phone calls, one-to-one webchat, email and online peer support groups is now open from 9am – 8pm on weekdays and 4pm–8pm on weekends and bank holidays! Tel: 0808 801 0677 <a href="https://www.beateatingdisorders.org.uk/support-services">https://www.beateatingdisorders.org.uk/support-services</a></p>
<b>Bipolar UK</b>		<p>Tel: 0333 323 3880</p> <p>Email: <a href="mailto:info@bipolaruk.org">info@bipolaruk.org</a></p> <p>Website: <a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a></p>	<p>Bipolar UK is the national charity dedicated to supporting people affected by bipolar. Supporting people with bipolar to stay well. This includes those with bipolar, those pre-diagnosis, and supporting their family and friends. Services available: One to one telephone and email peer support. E community with over 2,500 registered users. Peer support groups across Wales and also employment support to employers and employees.</p>



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<b>Breathe APP</b>		Website: <a href="https://www.stopbreathethink.com/">https://www.stopbreathethink.com/</a>	Recommended by the NHS. Stop Breathe Think, Meditation & mindfulness app to help you feel strong, connected and inspired through life's ups and downs.
<b>Breath Works APP</b>		Website: <a href="https://www.breathworks-mindfulness.org.uk/">https://www.breathworks-mindfulness.org.uk/</a>	App recommended by NHS. Guided meditations for mindfulness, helps to live well with pain, illness and stress.
<b>British Red Cross</b>	Dafen Industrial Estate 2 <sup>nd</sup> Floor Scarlet Court Heol Aur Dafen Llanelli SA14 8QN	Tel: 01554 745480  Email: <a href="mailto:BRCSSP-llanelli@redcross.org.uk">BRCSSP-llanelli@redcross.org.uk</a>  Website: <a href="http://www.redcross.org.uk">www.redcross.org.uk</a>	Non-Profit organisation  Providing first aid courses.  Preparing families for disaster.  Emergency response to disasters in UK and overseas.  Short term loans of wheel chairs and toilet aids.  Help refugees and asylum seekers access essential services in a new country.  Free teaching resources to inspire young people. Protecting people in armed conflict.



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<b>Bwcabus</b>		Tel: 01239 801601 Email: <a href="mailto:feedback@bwcabus.info">feedback@bwcabus.info</a> Website: <a href="http://www.bwcabus.info">www.bwcabus.info</a>	<p>A fully accessible local bus service, which operates within a specific zone providing both fixed-route services and pre-booked demand-responsive journeys, allowing the possibility to travel where and when you want (unlike with a conventional bus service).</p> <p>We enable people to travel between local towns and villages within the Bwcabus zone or connect to main-line bus services to travel further afield. Whether you need access to healthcare, local services, employment and training or to visit family and friends, Bwcabus can assist.</p> <p>Office opening hours: 7am to 7pm, Monday to Friday; 8am to 7pm Saturday and Sunday; except bank holidays. Please ring before 7pm the night before morning travel and before 11am to travel after 2pm that day.</p>



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<b>Cam Nesta</b>	Building 2 St David's Park Job's Well Road Carmarthen SA31 3HB	Tel: 01267 246699 or  Tel: 01267 246661 Email: <a href="mailto:camnesa@carmarthenshire.gov.uk">camnesa@carmarthenshire.gov.uk</a>	Cam Nesta is a European Funded project working with young people between 16-24 years old who are NEET (not in employment, education or training). The qualified staff can work on a one to one basis with you to gain confidence, offer emotional support and eventually help you progress into employment, education or training.
<b>Canolfan Maerdy, Community Hub &amp; Centre, Ammanford</b>	New Road Tairgwaith Ammanford SA18 1UP	Telephone: 01269 826893	Community Hub and Centre. Community Car. Online access for CAB advice and essential services. Open weekdays. The Food Hub is open 10.30 to 3pm. Access to computers.
<b>Care and Repair Carmarthenshire</b>	Ty Elwyn Town Hall Square Llanelli SA15 3AP	Tel: 01554 744300  Email: <a href="mailto:careandrepair@cccpartners.org.uk">careandrepair@cccpartners.org.uk</a>  Website: <a href="http://www.careandrepair.org.uk">www.careandrepair.org.uk</a>	Independent, not for profit home improvement agency.  Our role is to assist older people over 60 and disabled adults who live in private sector housing by providing advice and practical assistance with regards to repairs, renovations, maintenance and adaptations to their homes enabling them to live in a safe, warm and secure home.  The agency maintains a register of reliable contractors for ordering work and referring to clients.



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<b>CARED (Centre for Assisted Recovery with Eating Disorders)</b>	Meet at the National Botanic Garden of Wales	Email: Donna Mason: <a href="mailto:donnamason@mhwales.org">donnamason@mhwales.org</a> Paul Smith: <a href="mailto:paul.smith@gardenofwales.org.uk">paul.smith@gardenofwales.org.uk</a>	CARED is a support group led by people with lived experience and professionals in the sector which meets at the National Botanic Garden of Wales offering advice, information and friendship to those supporting someone with an eating disorder.
<b>Care First</b>		Telephone: 0332 129 212  Email: <a href="mailto:EAPqueries@socialcare.wales">EAPqueries@socialcare.wales</a>	Care First are providing an Employee Assistance Programme to all those in the social care workforce in the private and voluntary sector.  Care First can help with a wide range of work, family, and personal issues. From work-life balance to childcare information, relationships to workplace issues, health and wellbeing, the EAP can support people to deal with the issues that affect us all at some point in our lives.
<b>Carers Trust (Crossroads) Sir Gar</b>	Suite 11 2nd Floor West Ty Myrddin Old Station Road Carmarthen SA31 1LP	Tel: 01267 220046  Email: <a href="mailto:info@carmarthenshirecarers.org.uk">info@carmarthenshirecarers.org.uk</a>  Website: <a href="http://carmarthenshirecarers.org.uk">carmarthenshirecarers.org.uk</a>	A network partner of the Carers Trust, the major national charity offering practical and emotional help to carers.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Carers Wales</b>	Unit 5 Ynys Bridge Court Cardiff CF15 9SS	Tel: 02920811370  Carers line: 08088087777  Email: <a href="mailto:info@carerswales.org">info@carerswales.org</a>  Website: <a href="http://www.carerswales.org">www.carerswales.org</a>	To make life better for carers and to offer expert advice, connect carers and campaign for carers across Wales.
<b>Carmarthenshire Adult Autism Advice (CAAA)</b>	NA	Tel: 01267 246513  Email: <a href="mailto:CAA@sirgar.gov.uk">CAA@sirgar.gov.uk</a>  Website: <a href="http://www.carmarthenshire.gov.uk">www.carmarthenshire.gov.uk</a>  Facebook - <a href="#">HAIPAC</a>	<p>High Functioning Autism (HFA) and Asperger Syndrome (AS) are both part of the Autism Spectrum. Autism is a lifelong developmental disability that affects how someone communicates with and relates to other people. It also affects how they make sense of the world around them and possibly how they are able to socialise.</p> <p>It is common for adults with an Autistic Spectrum Disorder to feel isolated and misunderstood. CAAA is an advice and information service with HFA and AS and for those who support them.</p> <p>Anyone can contact the service they don't need to be referred by a professional.</p> <p>CAAA can provide advice, signposting, short term mentoring, and ASD awareness training.</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Carmarthenshire Carers Educational Years (CEY) Project</b>		Tel: 0300 0200 002 (office) or 07508 001596 (Cat Hooton)  Email: <a href="mailto:cat@carmarthenshirecarers.org.uk">cat@carmarthenshirecarers.org.uk</a>  Website: <a href="http://www.carmarthenshirecarers.org.uk">www.carmarthenshirecarers.org.uk</a>	Our support service includes: <ul style="list-style-type: none"><li>• A dedicated keyworker providing 1:1 support in your home, at school or at college</li><li>• A support plan with a family-based approach</li><li>• Information on carer issues</li><li>• Life skills groups: confidence building, health &amp; well-being, etc.</li><li>• Partnership working with other services who can offer support</li><li>• Peer support, including activities, youth clubs, days out, support groups and social media</li></ul>





## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Carmarthenshire Carers (Carers Trust)</b>		Telephone: 0300 0200 002  Website: <a href="https://www.carmarthenshirecarers.org.uk">https://www.carmarthenshirecarers.org.uk</a>	<p>Supporting and talking to carers and their families in Carmarthenshire. Offering: telephone support, practical support e.g. shopping and medication collection, accessing PPE (Personal Protection Equipment), emergency and contingency planning, accessing carers grants, carers rights, legal rights via New Law Solicitors, specialist information and factsheets.</p> <p><b>NEW – Out-of-Hours Telephone Support Service for Carers:</b></p> <p>Please note that the Carers Information Service has extended its hours and telephone support is now available for carers Monday to Friday 9.00am – 9.00pm through to the end of March.</p> <p>The service can be accessed via our main Carer Information Service no – 0300 0200 002.</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Carmarthenshire Carers – Carers Resilience Project</b>	The Palms Unit 3 96 Queen Victoria Rd Llanelli SA15 2TH	Telephone: 0300 020 0002  Email: <a href="mailto:crp@carmarthenshirecarers.org.uk">crp@carmarthenshirecarers.org.uk</a>  Website: <a href="https://www.carmarthenshirecarers.org.uk">https://www.carmarthenshirecarers.org.uk</a>	<p>The Carers Resilience Project is a new, short-term initiative which has been set up as a partnership between Crossroads Care and the local authority to support unpaid carers who might be under additional pressures as a result of Covid-19.</p> <p>The project recognises that many opportunities for respite for carers; such as day centres and residential respite, etc. for the cared for are no longer available during the pandemic and, in addition to this, many carers and the person they care for are shielding and/or have limited contact and support from wider family networks that they might previously have relied on.</p> <p>Continued/...</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Carmarthenshire Carers – Carers Resilience Project</b> Continued/...			<p>Continued/...</p> <p>The primary aims of the project is to support carers who are feeling exhausted and overwhelmed which could potentially lead to a breakdown in the caring role. Crossroads Care are able to offer a timely response and can provide 2 sessions of free replacement care (either within the home or by taking the cared for out if possible / appropriate within current guidance) to help alleviate immediate pressures or to enable a carer to attend a medical or other personal appointment, etc.</p> <p>The Crossroads Key Worker will work alongside the carer to establish whether further replacement care or respite is needed and will be able to support the carer to access additional support which could include a Carers Needs Assessment to help establish ongoing needs and support for the carer.</p> <p>Continued/...</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Carmarthenshire Carers – Carers Resilience Project Continued/...</b>			Continued/...  The service is open to carers over the age of 18 who care for another adult and we are aiming to reach out to carers who are particularly struggling during this time. Please note that the carer or cared for do not need to be known to Social Services or be in receipt of a care package to access this service. If you are aware of any carers who would like to access the Resilience Project please request a referral form from <a href="mailto:crp@carmarthenshirecarers.org.uk">crp@carmarthenshirecarers.org.uk</a>
<b>Carmarthenshire Counselling Service</b>	PO Box 174, Llanelli, SA15 9AY	Tel: 01554 772385	
<b>Carmarthenshire Country Cars</b>	Coordinated by Pembrokeshire office	Tel: 01646 699108 (to find out contact details of a local volunteer)  Website: <a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a>	Country Cars is a community-based car-sharing scheme wherein volunteer drivers give lifts to Carmarthenshire residents who would otherwise be unable to make essential local journeys within Carmarthenshire. Country Cars is designed to be a public transport ‘safety net’, providing links to bus and train, or door-to-door transport when needed, for individual and occasional needs. Please give as much notice as possible before the day when transport is required. Office opening hours: 9am to 5pm Monday to Friday (not bank holidays).



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Carmarthenshire Floating Support Service (CFSS) (The Wallich)</b>	2 Station Road Llanelli SA15 1AB	Tel: 01554 701800  Mob: 07595491148  Email: <a href="mailto:Cath.wilson@thewallich.net">Cath.wilson@thewallich.net</a>  Email: <a href="mailto:David.Harries@thewallich.net">David.Harries@thewallich.net</a>  Website: <a href="http://www.thewallich.com">www.thewallich.com</a>	<p>CFSS is accessed by referral from Carmarthenshire County Council Housing Department, partnership agencies and by self-referral.</p> <p>We deliver floating support for people living in rented accommodation, local authority or housing association properties, owner occupiers and those with no fixed abode.</p> <p>Other services include supporting people into permanent and sustainable accommodation. Developing independent living skills. Advice and support on benefits. Liaising and signposting to other agencies and services. Neighbour issues. Supporting access to community activities. Facilitating access to other services such as healthcare, training or education.</p>
<b>Carmarthenshire Hearing Voices Group (VOX)</b>	Hafal 8-10 Woods Row Carmarthen SA31 1BX	Tel: 01239 841823	Meeting at Hafal on Tuesday evenings 6pm to 7.30pm. A chance for voice hearers, seers of visions or those experiencing tactile invasions, their friends, family and carers to meet together, support each other and share their experiences.
<b>Carmarthenshire Hoarders Group</b>	Committee meetings only at: The Mount 18 Queen Street Carmarthen SA31 1JT	Contact: Marie Rocke  Email: <a href="mailto:marie@wwamh.org.uk">marie@wwamh.org.uk</a>  Email: <a href="mailto:carmarthenshirehoarders@mail.com">carmarthenshirehoarders@mail.com</a>	Offers information and support and practical help to individuals living with hoarding issues and their family and friends.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Carmarthenshire Learning Disabilities Services</b>	Psychological Wellbeing Centre / Therapeutic Day Services Ty Myddfai Cillefwr Industrial Estate Glien Road Johnstown Carmarthen SA31 3RB	Tel: 01267 229700	Therapeutic Day Services with course including Mindfulness, Emotional Coping Skills (ECS), Anger Management and Couples Counselling.
	Carmarthen CTLD 1 Penlan Road, Carmarthen, Carmarthenshire, SA31 1DN	Tel: 01267 236899	
	Cwm Seren, Tudor House and Ty Bryn Hafan Derwen Jobswell Road Carmarthen SA31 3HB	Tel: 01267 235151	
		Website: <a href="http://www.wales.nhs.uk">www.wales.nhs.uk</a>	



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Carmarthenshire United Support Project (CUSP)</b>	Scarlet Court Heol Aur Dafen Park Llanelli SA14 8QN	Tel: 01554 745480  Email: <a href="mailto:cusp@redcross.org.uk">cusp@redcross.org.uk</a>	CUSP is a partnership of organisations in Carmarthenshire working together to provide individual and tailored support for people with mobility, loneliness and/or wellbeing issues.
<b>Carmarthenshire Young Carers Service</b>	2 <sup>nd</sup> Floor Ty Elwyn Town Hall Square Llanelli SA15 3AP	Tel: 01554 742630  Email: <a href="mailto:Youngcarersservice@carmarthenshire.gov.uk">Youngcarersservice@carmarthenshire.gov.uk</a>  Website: <a href="http://Carmarthenshirecarers.org.uk">Carmarthenshirecarers.org.uk</a>	Young carers are children or young people under 18 who look after someone in their family who has an illness, a disability, a mental health problem or substance misuse problem who may be taking practical and/or emotional caring responsibilities that an adult would normally do.  Carmarthenshire Young Carers Service provides one to one support as well as group activities for Young Carers under the age of 18.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>CASM</b>	St Barnabas Hall, Llewellyn Street, Llanelli, Carmarthenshire SA15 1BD	Tel: 07805326063  Email: <a href="mailto:sarahdavies28@googlemail.com">sarahdavies28@googlemail.com</a>	<p>CASM is an independent organization based in Llanelli, South West Wales, a volunteer led group, all dedicated to supporting those who care for a loved one who suffers from alcoholism or drug addiction.</p> <p>We are a confidential service, we can offer support and counselling for the carer, we can also meet up outside of group meetings for an informal chat.</p> <p>We have all had experience of living with and caring for someone in addiction</p> <p>Group meets every Tuesday evenings from 5.30pm - 8.30pm,</p>
<b>Catch It (NHS APP)</b>		Website: <a href="https://www.nhs.uk/apps-library/catch-it/">https://www.nhs.uk/apps-library/catch-it/</a>	<p>Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary.</p> <p>The FREE app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).</p>





## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>CAVS</b>		Telephone: 01267 245555 Email: <a href="mailto:admin@cavs.org.uk">admin@cavs.org.uk</a> Website: <a href="http://www.cavs.org.uk/category/covid-19/">http://www.cavs.org.uk/category/covid-19/</a>	CAVs are currently offering a Telephone Briefing Support Scheme. If you feel lonely, isolated, or just need to chat to a friendly person, then please call or email. We will organise one of our volunteers to give you a call.  Also, for updated information on volunteering and the third sector.
<b>CETMA</b>	CETMA Business Centre Marsh Street Llanelli SA15 1BG	Tel: 01554 772056 Email: <a href="mailto:info@cetma.org.uk">info@cetma.org.uk</a> Website: <a href="http://www.cetma.org.uk">www.cetma.org.uk</a>	Social enterprise that provides social engagement, training, health and wellbeing through the development of projects for individuals, organisations and businesses
<b>Childline</b>		Tel: 0800 1111  Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a>	Free, private 24-hour confidential help line for young people in the UK to talk about any problem.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>CIPA - Ceredigion Independent Professional Advocacy</b>	<ul style="list-style-type: none"> <li>• Carers</li> <li>• Mental Health</li> <li>• Safeguarding</li> <li>• Support</li> </ul>	Telephone: 0800 2061387  Website: <a href="http://cipawales.org.uk">cipawales.org.uk</a>	<p><b>Ceredigion Independent Professional Advocacy (CIPA)</b> – a collaboration between <b>Advocacy West Wales / Eiriolaeth Gorllewin Cymru and Pembrokeshire People First (PPF)</b></p> <p>Advocacy for people who have needs for social care and support, or their Carers, including assessment, care planning and review, safeguarding and complaints. A service providing independent professional advocacy in Welsh and English, as well as workshops on self-advocacy and Carers' rights.</p> <p>Office base: 27 Pier Street, Aberystwyth, Ceredigion SY23 2LN.</p>
<b>CLIC (Hafal)</b>	Hafal Head Office Unit B3 Lakeside Technology Park Phoenix Way Llansamlet Swansea SA7 9FE	Tel: 01792 816600  Email: <a href="mailto:David.vice@hafal.org">David.vice@hafal.org</a>  Email: <a href="mailto:Jacki.chard@hafal.org">Jacki.chard@hafal.org</a>  Website: <a href="http://Hafal.org/clic">Hafal.org/clic</a>	<p>Clic is Hafal's new online community for people with a mental illness and their Carers.</p> <p>Our safe and positive online space gives you the chance to:</p> <p>Chat and make friends as loneliness can be a huge issue with people with mental illness and their Carers.</p> <p>Give support to and receive support from people with similar experiences.</p> <p>Being able to communicate in either English and Welsh.</p> <p>Get helpful information and contacts.</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Community Advice and Listening Line (CALL)</b>		Tel: 0800 132737  Text: help to 81066  Website: <a href="http://www.callhelpline.org.uk">www.callhelpline.org.uk</a>	A 24/7 confidential mental health helpline for Wales, supporting <ul style="list-style-type: none"> <li>• those suffering from mental distress, their relatives and their friends</li> <li>• parents whose child has attempted suicide or have lost a child through suicide</li> <li>• vulnerable adults who are suffering abuse.</li> </ul>
<b>Connect Cysylltu</b>		<a href="http://www.connectpembrokeshire.org.uk">www.connectpembrokeshire.org.uk</a> / <a href="http://www.cyslltusirbefro.cymru">www.cyslltusirbefro.cymru</a>  <a href="http://www.connectcarmarthenshire.org.uk">www.connectcarmarthenshire.org.uk</a> / <a href="http://www.cyslltusirgar.cymru">www.cyslltusirgar.cymru</a>  <a href="http://www.connectceredigion.org.uk">www.connectceredigion.org.uk</a> / <a href="http://www.cyslltuceredigion.cymru">www.cyslltuceredigion.cymru</a>	<p>The Connect project is pleased to launch three bilingual, digital platforms across West Wales. Funded by the Welsh Government's Transformation Fund, and commissioned by West Wales Care Partnership, these platforms are intended as a digital way for all West Wales residents to find and help each other out by sharing their time on an equal basis.</p> <p>The platforms feature a Teams space where community members can collaborate and work on ideas that will improve their area. There will also be a space for community groups and services to showcase online and offline events and activities. Our platforms are proud to work with the recently launched Connect to Kindness campaign.</p> <p>There is a huge range of helpful videos on the platforms to help you find your way around and more will be released through our Facebook page in the coming weeks.</p>



**Carmarthenshire Mental Health Directory**

Organisation	Address	Telephone/Email/Website	Service Provided
<p><b>Connect 2 Carmarthenshire</b></p>		<p>Website:  <a href="https://connect2carmarthenshire.org.uk/">https://connect2carmarthenshire.org.uk/</a>   <a href="http://www.deltawellbeing.org.uk/delta-connect/">http://www.deltawellbeing.org.uk/delta-connect/</a>             Email: <a href="mailto:susansmith@cccpartners.org.uk">susansmith@cccpartners.org.uk</a></p>	<p>Connect 2 Carmarthenshire offer a service where you are able to request support or offer support and help through informal volunteering. We now have 113 members, 14 activities of offers and requests. Like most volunteering opportunities at we have more offers than requests. Requests can be for anything, not just the obvious shopping, but for those wanting to learn new skills, wanting information on book shares etc.</p> <p>If you want to know more please contact Sue Smith Email: <a href="mailto:susansmith@cccpartners.org.uk">susansmith@cccpartners.org.uk</a> or you can view this video to see how it works:</p> <p><a href="https://www.youtube.com/watch?v=oyxCs8kOZik&amp;feature=youtu.be&amp;fbclid=IwAR3c17w04WzIMA6YK1CP_P27G2XpZJ7laa_h7eHbNPektoNu3jbYgACwEi4">https://www.youtube.com/watch?v=oyxCs8kOZik&amp;feature=youtu.be&amp;fbclid=IwAR3c17w04WzIMA6YK1CP_P27G2XpZJ7laa_h7eHbNPektoNu3jbYgACwEi4</a></p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Connecting Youth Children &amp; Adults (CYCA)</b>	Nevill Street Llanelli SA15 2RS	Tel: 01554 757599  Email: support@cycaonline.org  Website: <a href="http://www.cycaisg.com">www.cycaisg.com</a>	<p>CYCA is a wellbeing service for families covering Carmarthenshire, Pembrokeshire and Ceredigion. They offer high quality informal education and recreational services.</p> <p>Securing Futures Project is a project to provide early intervention to support families in Carmarthenshire if your eldest child is aged between 5 and 10 years old and you have difficulty understanding new or difficult information, coping independently with everyday activities such as household tasks or managing money the project could help you.</p> <p>The Virtual Interactive Gateway provides face to face support as well as online support. The Gateway allows more flexibility in the way you can access support and will feature a host of digital tools offering information and advice on a variety of issues and conditions.</p>
<b>Couch to 5K (NHS APP)</b>		Website:  <a href="https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/">https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/</a>	NHS App helping you build up with a mix of running and walking from couch potato to 5K in just 9 weeks.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Creative Letters of Kindness</b>		Email: <a href="mailto:info@peoplespeakup.co.uk">info@peoplespeakup.co.uk</a> Website: <a href="http://www.peoplespeakup.co.uk/">http://www.peoplespeakup.co.uk/</a>	We are inviting letters of kindness to older people that are living alone or in residential care homes. If you would like to create a letter, please get in touch and we will make the match!
<b>Cross Hands Day Centre Food Bank</b>		Telephone: 0797 6836209	FOOD BANK: Cross Hands Day Centre (back building behind the cinema) Open from 10.00am to 12.30pm. Not open Bank Holiday Sunday and Monday, but Saturday - Friday 10.00am – 2.00pm The foodbank is open to everyone. If you wish to donate, offer to volunteer or need to ask any questions, please go along Mon-Sun at the times mentioned. Contact Rev Jones on 0797 6836209 anytime, either ring and collect or deliveries available in the Cross Hands, Tumble, Llannon, Gorslas, areas, wider areas considered. Please use delivery only if self-isolating and can't get out. VERIFIED UPDATED INFO.
<b>Cruse Bereavement Care</b>	PO Box 34 Haverfordwest Pembrokeshire SA61 1YS	Tel: 0800 288 4700  Email: <a href="mailto:westwales@cruse.org.uk">westwales@cruse.org.uk</a>  Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>	Leading National Charity for bereaved people.  Vision is that all bereaved people have somewhere to turn when someone dies.  Free and confidential services provided by trained volunteers.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<p><b>Cyfle Cymru</b></p>		<p>Tel: 01267 231634</p> <p>Email: <a href="mailto:ask@cyflecymru.com">ask@cyflecymru.com</a></p> <p>Website: <a href="http://dacw.co.uk/about-cyfle-cymru">http://dacw.co.uk/about-cyfle-cymru</a></p>	<p>Peer mentoring service which provides help to people to develop confidence, and provide support to access training, qualifications and work experience. We help people affected by substance misuse and / or mental health conditions to gain the skills necessary to enter the world of work.</p> <p>People who are eligible are:</p> <p>Those aged 16 to 24 and not in employment, education and training.</p> <p>Those aged 25 or over and long term unemployed or economically inactive.</p> <p>Those who live in the Dyfed area. Those who are in recovery from substance misuse and/or mental health issues.</p>
<p><b>Days Off (NHS APP)</b></p>		<p>Website: <a href="https://www.nhs.uk/oneyou/for-your-body/drink-less/">https://www.nhs.uk/oneyou/for-your-body/drink-less/</a></p>	<p>NHS app to track the days you drink alcohol and the days you don't.</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Daylio Diary Mood Tracker (NHS APP)</b>		Website: <a href="https://daylio.webflow.io/">https://daylio.webflow.io/</a>	Daylio is a FREE app which enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.
<b>Delta Wellbeing</b>		Tel: 0300 333 2222  Email: <a href="mailto:info@deltawellbeing.org.uk">info@deltawellbeing.org.uk</a>  Website: <a href="http://www.deltawellbeing.org.uk">www.deltawellbeing.org.uk</a>	A quick and easy access to information, advice, and assistance on all matters in relation to Health, Social Care and Housing including mental health.  24-hour service, 7 days a week, 365 days a year and can be accessed by anyone needing support and guidance.





## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Dolen Teifi Community Transport</b>		Tel: 0845 6861973  Mobile: 07771 814401  Website: <a href="http://www.dolenteifi.org.uk">www.dolenteifi.org.uk</a>	Created by volunteers from the enterprise group Llandysul and Pont-Tyweli Ymlaen Cyf, aiming to provide sustainable transport to the people who live in Llandysul and the surrounding area. They have a combination of mini buses and wheelchair-accessible vehicles, and have now extended their services to other community groups along the Teifi Valley from Newcastle Emlyn to Llanbydder, Carmarthen to Llanelli.  Opening hours: 9am to 5pm Monday to Sunday (including bank holidays).
<b>DPJ Foundation</b>	Ground Floor Rear Office 5 Dark Street Haverfordwest SA61 2DS	Confidential helpline: 0800 587 4262  Text: 07860 048799  Email: <a href="mailto:contact@thedpjfoundation.com">contact@thedpjfoundation.com</a>  Website: <a href="http://www.thedpjfoundation.com">www.thedpjfoundation.com</a>	We support people in rural communities with poor mental health, especially men in the agricultural sector.  Text: 07860 048799 or Phone: 0800 587 4262 (Confidential)



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Dr. Mz – Carmarthen Youth Project</b>	The Clubhouse Friars Park Carmarthen SA31 3AN	Tel: 01267 222786  Email: <a href="mailto:office@drmz.co.uk">office@drmz.co.uk</a>  Website: <a href="http://www.drmz.co.uk">www.drmz.co.uk</a>	<p>Carmarthen Youth Project, also known as Dr Mz, is a full-time youth project based in Carmarthen Town Centre.</p> <p>We provide a safe place for young people aged 11-25. We offer needs-led activities and a drop-in centre. Projects include:</p> <ul style="list-style-type: none"> <li>• Grow it Cook It Transform it Project teaching skills in cooking, gardening and also volunteering to improve the environment of Carmarthen.</li> <li>• A Health and Well-being Project</li> <li>• A Youth Volunteering and Skill-building Project</li> <li>• An LGBTQ+ Project (two Mondays per month)</li> <li>• A Young Parent and Toddler Group called Little M'z</li> <li>• A Transitionz Project for 8-11 year olds - Saturdays from October.</li> </ul> <p>We also offer food parcels when available, clothes washing facilities, shower facilities and Period Poverty items.</p> <p>We have qualified staff who are flexible to the services we provide. If you need some support, call in and talk to us!</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Dyfed Drug &amp; Alcohol Service (DDAS)</b>	25 North Parade Aberystwyth SY23 2JN	Tel: 0330 3639997  Email: confidential@d-das.co.uk  Website: <a href="http://www.barod.cymru">www.barod.cymru</a>	<ul style="list-style-type: none"> <li>• Young Persons Services</li> <li>• Friends and Family Support</li> <li>• General Support</li> <li>• Group Work</li> <li>• Drop-In</li> <li>• Diversionary activities</li> <li>• Complementary therapies</li> <li>• Harm reduction activities</li> <li>• Aftercare</li> <li>• Brief Interventions</li> <li>• Skills development</li> <li>• Open access</li> <li>• Relapse Prevention</li> </ul>
<b>Easy Meals (NHS APP)</b>		Website: <a href="https://www.nhs.uk/oneyou/for-your-body/eat-better/">https://www.nhs.uk/oneyou/for-your-body/eat-better/</a>	NHS App offering ways to eat foods that are healthier.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Eiriol Mental Health Advocacy</b>	<ul style="list-style-type: none"> <li>• Carers</li> <li>• Safeguarding</li> <li>• Mental Health</li> <li>• Support</li> </ul>	Tel: 01267 231122  Email: <a href="mailto:admin@advocacywestwales.org.uk">admin@advocacywestwales.org.uk</a>  Website: <a href="http://www.advocacywestwales.org.uk">www.advocacywestwales.org.uk</a>	<p><b>Eiriol Mental Health Advocacy has merged with Advocacy West Wales – Eiriolaeth Gorllewin Cymru.</b></p> <p>Please see information in the Advocacy West Wales / AWW-EGC entry for details of all services.</p> <p>Advocacy for over-18s with mental health problems and carers.</p> <p>Provides help by listening, gathering information that you may need to progress and advises on rights under the Mental Health Act.</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Eiriol Mental Health Advocacy</b>	1st Floor Office 59 King Street Carmarthen SA31 1BA	Tel: 01267 231122  Email: <a href="mailto:admin@advocacywestwales.org.uk">admin@advocacywestwales.org.uk</a>  Website: <a href="http://www.advocacywestwales.org.uk">www.advocacywestwales.org.uk</a> .	<b>Eiriol Mental Health Advocacy has merged with Advocacy West Wales – Eiriolaeth Gorllewin Cymru.</b>  Please see information in the Advocacy West Wales / AWW-EGC entry for details of all services.  Advocacy for over-18s with mental health problems and carers.  Provides help by listening, gathering information that you may need to progress and advises on rights under the Mental Health Act.



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Equus Ferus International</b>	Pantymaen Four Roads Kidwelly SA17 4SF	Contact : Jackie Turner  Mob : 07920522649  Email: <a href="mailto:admin@equusferus.org">admin@equusferus.org</a>  Website: <a href="http://www.equusferus.org">www.equusferus.org</a>	<p>Our work is based on the delivery of sessions that support positive changes in peoples' lives through 'in the moment' learning experiences, using horse and human partnerships as a platform for change.</p> <p>The sessions are aimed at individuals experiencing a range of mental health issues and social disadvantage and in particular, those who do not engage well with conventional 'talk' therapies or other mainstream interventions.</p> <p>The aim is to help improve quality of life, emotional fitness and independent living by offering an alternative or complementary approach through 'experimental' learning.</p> <p>We deliver therapeutic sessions or workshops with horses at the heart of what we do. Sessions and workshops are tailored to individual and group needs and suitable for anyone interested in their own wellbeing and personal development for clients and loved ones.</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Fix and Shift Handyman Service</b>		Tel : 01267 468961  Mob: 07949377266  Email: <a href="mailto:david.williams@commodum.org.uk">david.williams@commodum.org.uk</a>	A free service supplied by vulnerable adults for vulnerable people who are in receipt of benefit to enable small jobs to be completed around your home eg gardening, painting and decorating, fitting shelving, fitting key safes, assembling flat pack furniture, testing smoke detectors and much more.
<b>Friendship Group</b>	Civic Hall 19 Crescent Road Llandeilo SA19 6HW	Tel: 07976 814799 (Susie) and 07393 796883 (Jennifer)	Meeting on alternative Thursdays 11am to 2pm at the YMCA in Llandovery. We have plenty of tea, coffee and biscuits to go around!
<b>Give Us A Shout</b>		Text: 85258  Website: <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a>	Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.  Shout is powered by a team of volunteers, who are at the heart of the service. We take people from crisis to calm every single day.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Gofal</b>	Swansea and Neath Port Talbot Office Beaufort House Beaufort Road Swansea SA6 8JG	Tel: 01792 763350  Email: <a href="mailto:enquiries@gofal.org.uk">enquiries@gofal.org.uk</a>  Website: <a href="http://www.gofal.org.uk">www.gofal.org.uk</a>	Leading Welsh National Mental Health Charity and Wellbeing Charity.  Provides a wide range of services to people with mental health problems – supporting their independence, recovery, health and wellbeing.  Tenancy support – referral required – help people with housing issues.
<b>Greenspace Gallery</b>	21 Blue Street Carmarthen SA31 3LE	Contact : Dorothy Morris  Email: <a href="mailto:Dorothy_morris@hotmail.com">Dorothy_morris@hotmail.com</a>	Open Tues to Sat 10am to 4pm  Gallery with a new concept committed to the celebration of nature, preservation of planet, life and wellbeing. Also, a dog friendly cafe where you can view the artist at work or book one of her workshops.
<b>Hafal Head Office</b>	Unit 3B Lakeside Technology Park Phoenix Way Llansamlet Swansea SA7 9FE	Tel: 01792 816 600  Email: <a href="mailto:hafal@hafal.org">hafal@hafal.org</a>  Website: <a href="http://www.hafal.org">www.hafal.org</a>	





## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Hafal Carmarthenshire</b>	8-10 Woods Row Carmarthen SA31 1BX	Tel: 01267 223365  Email: <a href="mailto:carmarthenshire@hafal.org">carmarthenshire@hafal.org</a>  Website: <a href="http://www.hafal.org">www.hafal.org</a>	<p>Day services provide a wide range of opportunities and activities to help recovery from a serious mental illness.</p> <p>Every person in a client group who seeks help from the Charity will receive lasting friendly contact through membership of Hafal and through its online community <a href="https://clic-uk.org/">https://clic-uk.org/</a>. If there is no response on the numbers provided between the hours of 09:00-17:00 hours Monday to Friday then members of the public can also contact Hafal Head Office on 01792 816600 where they can speak to one of the staff who will also try and assist and signpost.</p>
<b>Hafal Ammanford</b>	Ty Amman 2 High Street Ammanford SA18 2LY	Tel: 01269 597829  Email: <a href="mailto:tyaman@hafal.org">tyaman@hafal.org</a>  Website: <a href="http://www.hafal.org">www.hafal.org</a>	<p>Provides educational, training, employment and leisure opportunities. One to one support is provided to help people deal with challenges and move on with their lives.</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Hafal Crossroads</b>	Crossroads House 37 Merlin's Hill Haverfordwest SA61 1PE	Tel: 01437 764639  Email: <a href="mailto:crossroads@hafal.org">crossroads@hafal.org</a>  Website: <a href="http://www.hafal.org/crossroads">www.hafal.org/crossroads</a>	A member-led charity working to improve the lives of unpaid carers by giving them time to have a break away from their caring responsibilities.  Our core service is the provision of replacement care in the home, delivered by trained carer support workers to give unpaid carers a break.  Emergency Card Service for Carers – Telephone: 01437 611002.
<b>Hafal Carmarthenshire Family Support Services</b>		Email: <a href="mailto:Samantha.martin@hafal.org">Samantha.martin@hafal.org</a>  Mob: 07971 302931	Provides one to one support, a telephone helpline and group support for carers of people with serious mental illness. Services include emotional support, practical advice and signposting to other services.
<b>Hafal Llanelli Supported Housing Project</b>		Tel: 01554 742870  Email: <a href="mailto:llanelli@hafal.org">llanelli@hafal.org</a>	Temporary 24-hour domiciliary support in shared housing for adults with mental illness who need a medium level of support to develop living skills. Referral to Llanelli Project is by CMHT Care Co-Ordinator only.



**Carmarthenshire Mental Health Directory**

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Happier APP</b>		Website: <a href="https://www.happier.com/">https://www.happier.com/</a>	Happier is a FREE app which helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach -- use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day.
<b>Headway in South West Wales</b>		Telephone: 01269 833853 (Carms) Telephone: 01446 740130 (Cered) Telephone: 07958 105596 (Pembs)  Email: <a href="mailto:headwaycarmarthen@hotmail.co.uk">headwaycarmarthen@hotmail.co.uk</a>  <a href="mailto:dolbach@talktalk.net">dolbach@talktalk.net</a>  <a href="mailto:headwaypembrokeshire@hotmail.co.uk">headwaypembrokeshire@hotmail.co.uk</a>  Website: <a href="http://www.headwaysouthwestwales.org.uk/branches/headway-carmarthenshire">www.headwaysouthwestwales.org.uk/branches/headway-carmarthenshire</a>  <a href="http://www.headwaysouthwestwales.org.uk/branches/headway-credigion">www.headwaysouthwestwales.org.uk/branches/headway-credigion</a>  <a href="http://www.headwaysouthwestwales.org.uk/branches/headway-pembrokeshire">www.headwaysouthwestwales.org.uk/branches/headway-pembrokeshire</a>	Brain injury can make us feel lonely and out of it at times. That is why Headway in South West Wales is here for you and your family. Everybody needs to meet friendly faces – people that ‘get’ you because they’ve had similar experiences and appreciate where you’re coming from. We all need to chat and do fun things together and that is what your local Headway branches are there for.



### Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Help for Heroes</b>	Unit D11 3&4 Old Bank Buildings Off Main Avenue Treforest Industrial Estate CF37 5UR	Email: <a href="mailto:Wales.supporthub@helpforheroes.org.uk">Wales.supporthub@helpforheroes.org.uk</a>  Website: <a href="http://www.helpforheroes.org.uk">www.helpforheroes.org.uk</a>	A network of professionals and partners who not only help serving members of the Armed Forces, but also ex-Servicemen and women and their families. This is achieved through physical and emotional rehabilitation and recovery. The charity also identifies new career opportunities and offers financial and welfare support.
<b>HopethruHorses</b>		Mob: 07341 920644  Email: <a href="mailto:jo@hopethruhorses.com">jo@hopethruhorses.com</a>  Website: <a href="http://www.hopethruhorses.com">www.hopethruhorses.com</a>	At Hopethruhorses we provide non-invasive, natural, nature-based Equine Informed Therapeutic Healing to those struggling with the symptoms of mental ill health and trauma related disorder ... symptoms which can include an eating disorder, severe anxiety or depression.  We work on the mind, body and spirit and are here for those who love horses, nature, feel they have tried everything or who find more formal therapies difficult. The company of our gentle naturally kept herd of horses and ponies offer a calming and safe space in which to find respite, heal and move on.



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Housing Support Service for older people</b>		Tel: 01269 598206  Email: <a href="mailto:housingsupport@carmarthenshire.gov.uk">housingsupport@carmarthenshire.gov.uk</a>  Website: <a href="http://www.carmarthenshire.gov.wales/housing">www.carmarthenshire.gov.wales/housing</a>	Anyone aged 55 and over, or anyone with dementia regardless of age, can access the Housing Support Service.  Support to stay in your home and help you live an independent life and do all things you enjoy. We realise that some people need support to do this and this is what the service offers.  You can call or email or if you have a careline you can use this to contact us.



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>HUTS</b>	HUTS Workshop Adpar Newcastle Emlyn SA38 9ED	Tel: 01239 710377  <b>Call &amp; Chat 18+:</b> 01239 562036  Email: <a href="mailto:huts@hutsworkshop.org">huts@hutsworkshop.org</a>  Website: <a href="http://www.huts@hutsworkshop.org">www.huts@hutsworkshop.org</a>	<p>HUTS is a mental health and learning disability charity. Providing arts and crafts therapeutic workshops for people with experience of mental health problems.</p> <p>Lots of people in Ceredigion, Carmarthenshire and Pembrokeshire have been benefitting from weekly phone calls from Huts Workshop over the past few months. We are happy to say, that from JANUARY 4th 2021 we are extending this service. We have a new number and will be operating in the evenings and at weekends. If you live in West Wales and feel having a friendly chat will help you feel less isolated, please contact us. Or, if you know someone who you think would benefit from a weekly catch up with a friendly voice, please pass our number on to them.</p> <p>Continued/...</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>HUTS</b> Continued/...			<p>Continued/...</p> <p>The calls are strictly confidential and our service is only available to people over 18. The first call may be charged for by your phone company, but we will phone you back and we can arrange for regular calls over the next few weeks for free. You don't have to feel alone.</p> <p><b>Call and Chat service for 18+</b> <b>Call on 01239 562036</b></p> <p>Mon-Fri 10am - 7pm Saturday 10am – 4pm Sunday Midday – 6pm Support and Signposting Confidential.</p> <p>Home Befriending Service in South Ceredigion only. (No new referral at the moment for this service).</p> <p><a href="https://www.facebook.com/1475115519367582/posts/2742514245961030/?d=n">https://www.facebook.com/1475115519367582/posts/2742514245961030/?d=n</a></p>



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Hywel Dda Community Health Council</b>	Suite 5 1 <sup>st</sup> Floor Ty Myddrin Old Station Road Carmarthen SA31 1BT	01267 231384  Email: <a href="mailto:hyweldda@waleschc.org.uk">hyweldda@waleschc.org.uk</a>  Website: <a href="http://www.wales.nhs.uk">www.wales.nhs.uk</a>	<p>Open 9am to 5pm.</p> <p>Non-profit organisation with committees in each county with local offices in Aberystwyth, Carmarthen and Milford Haven.</p> <p>Free, confidential and independent advocacy service which can offer advice and support if you have a complaint about health services.</p> <p>The CHC seeks your views about the local health services and uses this information to help us work with the Health Board to monitor their services.</p> <p>Also provides information about local health services.</p>





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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Hywel Dda Health Board</b>	Centralised contact centre in Prince Phillip Hospital	Tel: 0300 3039642 Website: <a href="http://www.hywelddahb.wales.nhs.uk">www.hywelddahb.wales.nhs.uk</a>	<p>The Health Board has merged its contact centres in Glangwilli, Withybush and Bronglais Hospitals to one centralised contact centre based in Prince Phillip Hospital ion Llanelli.</p> <p>The contact centre will ensure that outpatient appointments can be arranged at the earliest opportunity. Patients can request a free ‘call back’ option to avoid queues on the phone.</p> <p>Normal opening hours 8am to 6pm – Monday to Friday.</p>
<b>IAWN</b>		Website: <a href="http://www.iawn.wales.nhs.uk/hafan">www.iawn.wales.nhs.uk/hafan</a>	<p>Local primary mental health support services in Carmarthenshire, Ceredigion and Pembrokeshire run by Hywel Dda University Health Board.</p> <p>Services for people with common, mild to moderate mental health problems.</p> <p>Information, awareness and wellbeing.</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Infoengine</b>		Website: <a href="http://www.en.infoengine.cymru">www.en.infoengine.cymru</a>	<p>Infoengine is the directory of third sector services in Wales.</p> <p>Infoengine highlights a wide variety of excellent voluntary and community services that are able to provide information and support so that you can make an informed choice.</p> <p>Infoengine is provided by Third Sector Support Wales, a partnership of County Voluntary Councils and Wales Action for Voluntary Action.</p> <p>Voluntary service at your fingertips. Thousands of services registered. Access on the go via mobile and tablet. Services regularly updated.</p> <p>Your service can be registered for free.</p>
<b>Jac Lewis Foundation</b>	Manor Road Ammanford, Carmarthenshire	Tel: 07368 828515  Email: <a href="mailto:jaclewisfoundation@gmail.com">jaclewisfoundation@gmail.com</a>  Website: <a href="http://jaclewisfoundation.co.uk/">http://jaclewisfoundation.co.uk/</a>	Support for mental health, especially for young males. Providing counselling sessions and support groups to help prevent anxiety, depression, self-harm and suicide.



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Joined Up Linking</b>	Unit 4 The Palms 96 Queen Victoria Road Llanelli SA15 2TH	Tel : 01554 757957  Mob: 07562374776  Email: <a href="mailto:info@links.uk.net">info@links.uk.net</a>  Website: <a href="http://www.links.uk.net">www.links.uk.net</a>	Support service for ex-forces men and women suffering from mental health issues based in Llanelli and encompassing Carmarthenshire.  We offer a safe and non-discriminating environment to meet with others who understand issues faced on a day to day basis.  Helping them with the stepping stones to recovery and integration to adjust to civilian life.  We help improve self-esteem and self-confidence.  Signpost to appropriate organisations. Offering support, access to information and activities.
<b>Journeys</b>	38 Albany Road Cardiff CF24 3RQ	Tel: 02920692891  Email: <a href="mailto:info@journeysonline.org.uk">info@journeysonline.org.uk</a>	Non-profit organisation.  Open Monday to Friday 10am to 4pm.  Information and support for the journey towards recovery from depression. Holistic approach to overcoming depression through self-help, building the foundations for sustainable long-term wellbeing. Providing multiple resources for people experiencing depression across Wales. Provides information, self-management, peer support groups, one to one counselling and training for people to find their own route to recovery.



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Knit &amp; Natter Group</b>	Cwmamman Community Centre High Street Glanamman SA18 1DX	Kal Davison – contact  Mob: 07772 468407	From 1pm to 2.30pm. £3.00 per person to include hot drink and biscuits.  Bring your own project or join the community project and use of the group's wool and needles.
<b>LGBTQ+ Support Group</b>	CETMA Business Centre Marsh Street Llanelli SA15 1BG	Contact: Alexander Bryant-Evans, Project Coordinator  Tel: 01554 772056  Email: <a href="mailto:abryantevans@cetma.org.uk">abryantevans@cetma.org.uk</a>  Website <a href="http://www.cetma.org.uk">www.cetma.org.uk</a>	
<b>LINKS</b>	Unit 4 The Palms 96 Queen Victoria Road Llanelli SA15 2TH	Tel: 01554 757957  Email: <a href="mailto:office@links.uk.net">office@links.uk.net</a>  Website: <a href="http://www.links.uk.net">www.links.uk.net</a>	LINKS is a mental health project based in Llanelli which offers flexible learning opportunities and to promote positive emotional wellbeing. Computer skills, pottery, digital photography, textiles, gardening, drawing and painting.  Mon – Fri 10.30am to 3.30pm  Aim is to support people with mental health problems and to build their confidence and self-esteem.



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Llandovery Youth and Community Association</b>	Gerwyn House 19 Market Square Llandovery SA20 0AB	Tel: 01550 721499	Art therapy is a form of psychotherapy that uses art to help people to communicate.  No previous art experience needed by the client. Suitable for people of all ages with communication problems – not dependent on the spoken word.
<b>Llanelli Men's Sheds or Sospan Shedders</b>	1a Derwent Street Llanelli SA15 3ES	Contact: Martin Yeo  Mob: 07570460219  Email: <a href="mailto:Myeo1@talktalk.net">Myeo1@talktalk.net</a>	Everyone welcome, on Friday 10am to 2pm. If you have a hobby to share in safe surroundings.  Various activities considered with whatever skills you have, model making, woodworking, art and craft, collectors, or just come for a chat and a cuppa.
<b>Local Primary Mental Health Support Service</b>		Tel: 01554 779351  Mob: 07816064644  Mob: 07816064643	Provides Stress Control course for under 18's.



**Carmarthenshire Mental Health Directory**

Organisation	Address	Telephone/Email/Website	Service Provided
<b>MHM Wales – Mental Health Matters Wales</b>	Union Offices Quarella Road Bridgend CF31 1JW	Tel: 01656 651450  Website: <a href="https://www.mhmwales.org.uk/">https://www.mhmwales.org.uk/</a>	<p>The IMCA Service provides Independent advocates for people who are deemed to lack capacity to make certain significant decisions as identified in MCA 2005 and who, at the time such decisions need to be made, have no-one other than paid staff to support or represent them or to be consulted. Throughout Carmarthen, Ceredigion and Pembrokeshire.</p> <p>The Paid Representatives (PRPR) are qualified advocates who have specialist knowledge of the Mental Capacity Act and Deprivation of Liberty Safeguards legislation. We can support people who lack capacity across West Wales.</p> <p><b>Share Our Recovery through Eating Disorders:</b></p> <p><b>Registration Required – Email:</b> <a href="mailto:sorted@mhmwales.org">sorted@mhmwales.org</a> for details.</p> <p><b>Every Sunday 5pm – 7pm on Zoom: Coping with ED</b> Peer Support Group for those who are at more developed stages of recovery and continue to use the support and guidance of SORTED. Ages 17+</p> <p>Continued/...</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
<p><b>MHM Wales – Mental Health Matters Wales Continued/...</b></p>			<p><b>Every Monday 4.30pm – 6pm on Zoom: Coping with ED</b>            For those wanting to start their journey of recovery, this group offers support and guidance from people who have recovered. Ages 17+</p> <p><b>Every Tuesday 4.30pm – 6pm on Zoom: Better Together – Supporting Someone with ED</b>            How do I help? What do I say? Can't they just eat? All those questions you want answered from people who have recovered.</p> <p><b>Self-Harm Awareness, Recovery and Education:</b></p> <p><b>Registration Required – Email: <a href="mailto:share@mhmwales.org">share@mhmwales.org</a></b>            for details and meeting ID.</p> <p><b>Every Monday 4.30pm – 6pm on Zoom: Coping with Self-Harm</b>            Start your journey to recovery. Learn Distraction Techniques and Alternative Coping Strategies that can help you to reduce your self-harm in your own way. Ages 16+</p> <p>Continued/...</p>



Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<p><b>MHM Wales – Mental Health Matters Wales</b> Continued/...</p>			<p>Continued/...</p> <p><b>Every Tuesday 4.30pm – 6pm on Zoom: Better Together: Caring for Someone that Harms</b> What is self-harm? What should you do and say? Why don't they just stop?</p> <p><b>Every Wednesday 4.30 – 6pm on Zoom: Self-Harm Chat &amp; Support</b> Supportive, open and frank conversation around self-harm and anything else. Ages 16+</p> <p>Our eating disorder peer support group, SORTED is held once a month at UWTSD campus and supports anyone over 17 who has any issues around disordered eating. No diagnosis or appointment necessary.</p> <p>All open access services, such as Wellbeing Hubs, Talking Connections Counselling and some Peer Support groups have been suspended. Other MHM Wales services remain, however, operating on a lower scale as per Government guidance. If you receive/attend any service facilitated by MHM Wales, we advise you to contact the office first to determine if the service is still being provided during this ongoing pandemic.</p>





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<b>Meic</b>		Tel: 08088 023456  Website: <a href="https://www.meiccymru.org">https://www.meiccymru.org</a>	Helpline for young people (up to the age of 25) in Wales. From helping you to find out what is going on in your local area to helping you to deal with a tricky situation, Meic will listen even when no-one else will.
<b>Men's Shed Amman Valley</b>	Ysgol Y Glyn School Road Lower Brynamman SA18 1SU	Tel: 07716 948949 or 07741 464252  Email: <a href="mailto:lin_lee@hotmail.co.uk">lin_lee@hotmail.co.uk</a>  Website: <a href="http://www.ammanvalleymensshed.org">www.ammanvalleymensshed.org</a>	Pursue practical interests, practice or learn new skills. Social connection and friendship building. Minimum age is 18 years.
<b>Men's Sheds Cymru</b>	Main Office Stephen's Way Pensarn Carmarthen SA31 2BG	Contact Fred Hottinger  Tel: 01267 225536  Email: <a href="mailto:info@mensshedscymru.co.uk">info@mensshedscymru.co.uk</a>	The Men's Sheds is a cooperative association wholly owned by its members with sites in Llanelli, Kidwelly and Ferryside. It is a workshop where skilled and unskilled men can share time with each other, discuss issues and situations whilst offering life skills and working together alongside the local community on various projects.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Menter Cwm Gwendraeth, Bywyd Da</b>	11–17 Coalbrook Road Pontyberem Llanelli SA15 5HU	Tel: 01269 871600 Pontyberem  Tel: 01554 755994 Llanelli  Email: <a href="mailto:ymholiadau@mentercwmgwendraeth.org.uk">ymholiadau@mentercwmgwendraeth.org.uk</a>  Website: <a href="http://www.mentercwmgwendraeth.org.uk">www.mentercwmgwendraeth.org.uk</a>	<p>Non-profit organisation for the Gwendraeth Valley, Llanelli and Burry Port and the surrounding communities with the Welsh Language at the core of the development of each project.</p> <p>Developing projects in the fields of Health and Wellbeing, Community Regeneration, the Environment, Life Long Learning and Children and Young People.</p>
<b>Mind Aberystwyth</b>		Telephone: 01970 626225  Email: <a href="http://mindaberystwyth.org/">http://mindaberystwyth.org/</a>  Website: <a href="http://mindaberystwyth.org/">http://mindaberystwyth.org/</a>	<p>Type of support: Mental health - tenancy 1:1, wellbeing activities, advice and signposting.</p> <p>Floating support (tenancy) provision with a MH focus, previously delivered 1:1 in service user's homes.</p> <p>Support now being delivered on an allocated case basis through phone, email, text, WhatsApp and other social media formats. Bespoke 1:1 complex needs outreach support to maintain good MH and wellbeing and community independence. Currently being delivered through a mixed media approach. Group activities to maintain/improve MH wellbeing and reduce social isolation.</p> <p>Regular welfare contact, for individuals that used to attend groups but are unable to do so due to social distancing restrictions.</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>MIND Aberystwyth – Side by Side Cymru</b>		Tel: 01970 626225 Mob: 07958788172 Email: <a href="mailto:rob@mindaberystwyth.org">rob@mindaberystwyth.org</a> Website: <a href="http://mindaberystwyth.org/side-by-side-cymru/">http://mindaberystwyth.org/side-by-side-cymru/</a>	<p>Peer Support in the Community (Ceredigion, Pembrokeshire and Carmarthenshire).</p> <p>One to one peer support advice and guidance including how to video conference, how to support individuals during coronavirus and practical tips on how to run a virtual group. Available until the end of March 2021.</p>
<b>Mind Befriending Scheme Sir Gar</b>	Unit 10, Delta Lakes Enterprise Centre, The Avenue, Llanelli. SA15 2DS.	Tel: 01554 776306 Email: <a href="mailto:befriending@llanelli-mind.org.uk">befriending@llanelli-mind.org.uk</a> Website: <a href="http://www.carmarthenshirebefriending.org">www.carmarthenshirebefriending.org</a> Website: <a href="http://www.llanelli-mind.org.uk">www.llanelli-mind.org.uk</a>	<p>Befriending scheme offers support and companionship to people who have mental health needs.</p> <p>They recruit, train and match volunteers with individuals who are socially isolated through their experience of mental ill health and in a rural county like Carmarthenshire people can be geographically isolated.</p> <p>Aim is to encourage people experiencing emotional or mental health problems towards a more fulfilling life through developing mutually beneficial friendships.</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Mind Carmarthen Age 18 +</b>	132b Priory Street Carmarthen SA31 1LR	Tel: 01267 222990  Email: <a href="mailto:Carmsmind132@aol.com">Carmsmind132@aol.com</a>  Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>	Monday, Tuesday, Wednesday & Friday 10.00am – 2.30pm.  Drop-in service for information, advice and support for people living with a mental health problem. There is also a specialist Welfare Benefits Advisor.  Services provided include activities, counselling, gardening, information services, being a resource centre, wellbeing, Relaxation, Women’s Support – Mums in MIND etc.  My Generation: is a free 8-week programme for older people which aims to improve wellbeing, build resilience and reduce isolation.
<b>MIND Carmarthen – Mums in mind</b>		Facebook: <a href="https://www.facebook.com/groups/1283431871989623">https://www.facebook.com/groups/1283431871989623</a>	Socialise with others from your community as well as access support and advice <a href="https://www.facebook.com/groups/1283431871989623">https://www.facebook.com/groups/1283431871989623</a> Meet mums, share tips and advice, chat and have fun. Monday 13:00 – 15:00.



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Mind Llanelli</b> <b>Age 18 +</b>	46 Thomas Street Llanelli Carmarthenshire SA15 3JA	Tel: 01554 752751  Email: <a href="mailto:jen.caton@llanelli-mind.org.uk">jen.caton@llanelli-mind.org.uk</a>  Email: <a href="mailto:info@llanelli-mind.org.uk">info@llanelli-mind.org.uk</a>  Email: <a href="mailto:welcomecentre@llanelli-mind.org.uk">welcomecentre@llanelli-mind.org.uk</a>  Website: <a href="http://www.llanelli-mind.org.uk">www.llanelli-mind.org.uk</a>	<p>Non-profit organisation.</p> <p>Services include talking therapies, crisis help lines, Welcome Centre where people can access support groups to aid recovery, wellbeing and resilience, employment and training schemes, counselling and befriending.</p> <p>Telephone support and counselling available for existing clients. Contact the team via telephone and if necessary, arrange telephone counselling. You can also chat and arrange a call via Mind Llanelli Facebook page. Currently offering telephone support and online support - Sundays and Mondays 11am - 3pm 07551241011.</p> <p>Mondays and Tuesdays Chat on FaceBook. Request a Call via FaceBook to get a telephone appointment at an arranged time on Fridays 10am - 4pm.</p> <p>Visit the Mind Llanelli Facebook page - <a href="https://www.facebook.com/LlanelliMind1/">https://www.facebook.com/LlanelliMind1/</a>.</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>MIND Llanelli - Befriending Sir Gar</b>		Tel: 01554 776306  Tel: Christopher Hamilton – Mobile TBC  Tel: Sally 07983101185  Email: <a href="mailto:befriending@llanelli-mind.org.uk">befriending@llanelli-mind.org.uk</a>  Email: <a href="mailto:Christopher.hamilton@llanelli-mind.org.uk/">Christopher.hamilton@llanelli-mind.org.uk/</a>  Email: <a href="mailto:sally.richards@llanelli-mind.org.uk">sally.richards@llanelli-mind.org.uk</a>  Website: <a href="http://www.carmarthenshirebefriending.org">www.carmarthenshirebefriending.org</a>  Website: <a href="http://www.llanelli-mind.org.uk">www.llanelli-mind.org.uk</a>	Supports the needs of the people by telephone/text/email/zoom/letter support. Monday - Friday 09:00 - 17:00.



### Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>MIND Llanelli - Mums in mind</b>		Facebook: Facebook Link: <a href="https://www.facebook.com/groups/520857628583591/?ref=share">https://www.facebook.com/groups/520857628583591/?ref=share</a>	Meet other mums, share tips and advice on mental health and wellbeing. Monday's 13:00 – 15:00.
<b>MIND Llanelli – Twilight Sanctuary</b>		Telephone: 01554253193  Facebook: <a href="https://www.facebook.com/pg/TwilightSanctuary/Services/">https://www.facebook.com/pg/TwilightSanctuary/Services/</a>	Available for support over the phone or on Facebook. Twilight Sanctuary: Thursdays – Sundays 18.00 – 2.00
<b>Mindshift APP</b>		Website: <a href="https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/">https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/</a>	MindShift is an app designed to help teens and young adults cope with anxiety.  MindShift is the work of a joint collaboration between AnxietyBC ( <a href="http://www.anxietybc.com">http://www.anxietybc.com</a> ) and BC Mental Health & Addiction Services ( <a href="http://www.bcmhas.ca">http://www.bcmhas.ca</a> ). to help teens and young adults cope with anxiety – teaches relaxation skills, develops new thinking.



## Carmarthenshire Mental Health Directory

<b>Organisation</b>	<b>Address</b>	<b>Telephone/Email/Website</b>	<b>Service Provided</b>
<b>Monks Treasure</b>	Venue not supplied.	Contact: Julie Sanders Mob: 07794 953249	Offering Eco Therapy based activities in woodlands near Kidwelly including crafts, wildlife identification and treasure seeking.
<b>Mood Tools APP</b>		Website: <a href="https://www.moodtools.org/">https://www.moodtools.org/</a>	MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.  The app contains several different research-supported tools.





## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Mums in Mind FB Groups</b>		<p>Llanelli Mind: <a href="https://www.facebook.com/groups/520857628583591/?ref=share">https://www.facebook.com/groups/520857628583591/?ref=share</a>.</p> <p>Mind Aberystwyth: <a href="https://m.facebook.com/profile.php?id=3754004937974581&amp;ref=content_filter">https://m.facebook.com/profile.php?id=3754004937974581&amp;ref=content_filter</a></p> <p>Mind Carmarthen: <a href="https://www.facebook.com/groups/1283431871989623">https://www.facebook.com/groups/1283431871989623</a></p> <p>Mind Pembrokeshire: <a href="https://www.facebook.com/groups/207860100665942/?ref=share">https://www.facebook.com/groups/207860100665942/?ref=share</a></p>	<p>These are Facebook social groups, hosted by an experienced Mind worker, who are mums themselves and who understand the challenges that can be faced.</p> <p>Originally trialled in Mind Pembrokeshire and in three weeks the group has been there for 60 mums. Groups now operating across the region and the links will enable mums to access groups in Ceredigion, Carmarthenshire, and Pembrokeshire.</p>



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<b>Myrtle house</b>	ELIM Pentecostal Church Myrtle House 22 Myrtle Terrace Llanelli SA15	Tel: 01554 756051  Email: <a href="mailto:info@myrtlehouse.org.uk">info@myrtlehouse.org.uk</a>  Website: <a href="http://www.myrtlehouse.org.uk">www.myrtlehouse.org.uk</a>	Church Community Friendship centre.  Myrtle House is a church community in the heart of Llanelli who seek to live by steady faith, be known by extravagant love and generous hope.  We have lots going on throughout the week at Myrtle House and out in the community.



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<p><b>New Pathways</b></p>	<p>Carmarthen (SARC)            Elm Tree House            West Wales General Hospital            Francis Well            Carmarthen            SA31 2AF</p>	<p>Tel : 01267 253464             Head Office, 01685 379310             Email: <a href="mailto:enquiries@newpathways.org.uk">enquiries@newpathways.org.uk</a>             Website: <a href="http://www.newpathways.org.uk">www.newpathways.org.uk</a></p>	<p>New Pathways is a registered charitable company that provides a range of specialist counselling and advocacy services for anyone who has been affected by rape or sexual abuse. We have many years of experience and are widely regarded throughout the UK as a leading organisation in our field.</p> <p>Rape and sexual assault is an incredibly sensitive issue and we fully understand how difficult it is to try and overcome such trauma. This is why we offer a diverse range of services to identify what help you, or someone you know, needs.</p> <p><b><u>Sexual Assault Referral Centre (SARC)</u></b>            For anyone who has been immediately or recently affected by rape or sexual assault.</p> <p><b><u>Counselling and Therapy</u></b>            For anyone who has a history of rape or sexual assault.</p> <p><b><u>Training</u></b>            We run a wide range of training courses for businesses and organisations and the community; booked in, on our premises, or online.</p> <p><b><u>Advocacy and Support</u></b>            We have a number of advocacy and support services.</p>



**Carmarthenshire Mental Health Directory**

Organisation	Address	Telephone/Email/Website	Service Provided
<b>NHS Apps</b>			<p>NHS endorsed apps from NHS App Library. <a href="https://www.nhs.uk/apps-library/category/mental-health/">https://www.nhs.uk/apps-library/category/mental-health/</a>  <a href="https://www.nhs.uk/apps-library/be-mindful/">https://www.nhs.uk/apps-library/be-mindful/</a>  <a href="https://www.nhs.uk/apps-library/beat-panic/">https://www.nhs.uk/apps-library/beat-panic/</a>  <a href="https://www.nhs.uk/apps-library/big-white-wall/">https://www.nhs.uk/apps-library/big-white-wall/</a>  <a href="https://www.nhs.uk/apps-library/blueice/">https://www.nhs.uk/apps-library/blueice/</a>  <a href="https://www.nhs.uk/apps-library/calm-harm/">https://www.nhs.uk/apps-library/calm-harm/</a>  <a href="https://www.nhs.uk/apps-library/distract/">https://www.nhs.uk/apps-library/distract/</a>  <a href="https://www.nhs.uk/apps-library/equoo-emotional-fitness-game/">https://www.nhs.uk/apps-library/equoo-emotional-fitness-game/</a>  <a href="https://www.nhs.uk/apps-library/feeling-good-positive-mindset/">https://www.nhs.uk/apps-library/feeling-good-positive-mindset/</a>  <a href="https://www.nhs.uk/apps-library/meetwo/">https://www.nhs.uk/apps-library/meetwo/</a>  <a href="https://www.nhs.uk/apps-library/ieso/">https://www.nhs.uk/apps-library/ieso/</a>  <a href="https://www.nhs.uk/apps-library/my-possible-self/">https://www.nhs.uk/apps-library/my-possible-self/</a><a href="https://www.nhs.uk/apps-library/silvercloud/">https://www.nhs.uk/apps-library/silvercloud/</a>  <a href="https://www.nhs.uk/apps-library/sleepio/">https://www.nhs.uk/apps-library/sleepio/</a>  <a href="https://www.nhs.uk/apps-library/student-health-app/">https://www.nhs.uk/apps-library/student-health-app/</a>  <a href="https://www.nhs.uk/apps-library/thrive/">https://www.nhs.uk/apps-library/thrive/</a></p>



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>NHS Direct Wales</b>		Tel: 111  Website: <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>	Free to call single non-emergency number medical helpline. The service is part of the NHS.
<b>NHS Weight Loss Plan APP</b>		Website: <a href="https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/">https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/</a>	NHS App with easy to follow NHS choices for a 12-week diet and exercise plan.
<b>Nuturing Nature</b>	Venue not supplied.	Contacts: Vivien Morgan Larcher and Phil Larcher  Mob: 07842518714  Email: <a href="mailto:vivmorgan@hotmail.co.uk">vivmorgan@hotmail.co.uk</a>	Offering Nature based activities and crafts in a woodland in Carmarthen.
<b>Papyrus</b>		Telephone Helpline: 080 068 4141  Website: <a href="http://www.papyrus.org/">www.papyrus.org/</a>  Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>	If you are having thoughts of suicide or are concerned for a young person who might be you can contact Papyrus for confidential support and practical advice. Online, helpline, email, text. Helpline: 080 068 4141 - 9am – 10pm weekdays, 2pm – 10pm weekends. Text: 07860039967.  Link to leaflet for Parents and Carers – supporting your their child - Suicide and self-harm. <a href="https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf">https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf</a>



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<b>Pembrey &amp; Burry Port Foodbank</b>		Telephone: 07780 022593	<p><b>Pembrey and Burry Port Foodbank</b>, in partnership with CETMA, covering Pembrey and Burry Port, but is also supporting Kidwelly, Trimsaran and Carway. The Foodbank is open on Monday, Wednesday and Friday, from about 10 till about 2pm. You will have to register as a referral organisation, in order to refer people to it. If you can get requests for support in as early as possible during the day, then we should be able to deliver during the afternoon. Here is the link for the form to complete if you wish to become a referral agency: <a href="https://forms.gle/bq6j52CvEhdRXSKJA">https://forms.gle/bq6j52CvEhdRXSKJA</a>.</p> <p>The Foodbank can be contacted via email <a href="mailto:pbpfoodbank@cetma.org.uk">pbpfoodbank@cetma.org.uk</a> or via their Facebook page: <a href="https://www.facebook.com/PBPfoodbank/">https://www.facebook.com/PBPfoodbank/</a></p> <p>They are taking Self referrals via FaceBook or contact Amanda Evans, Foodbank Leader, 07780 022593.</p> <p>Now covers St Ishmaels, Pontyates, and Pwll</p> <p>VERIFIED UPDATED INFO</p>



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<b>Pembrokeshire People First</b>		Telephone: 01437 769135	Offers advocacy for people with Learning Disabilities. Monday – Friday 10:00 – 16:00 across the three counties. Daily Zoom activities.  Their Facebook group is a closed group so you will have to request to join. <a href="https://www.facebook.com/groups/155197_120931/">https://www.facebook.com/groups/155197_120931/</a>
<b>Prince Philip Hospital</b>	Bryngwyn Mawr Dafen Llanelli SA14 8QF	Tel: 01554 756567  Website: <a href="http://www.wales.nhs.uk">www.wales.nhs.uk</a>	Open 24 hours 7 days a week.
<b>R.A.B.I. (Royal Agricultural Benevolent Institution)</b>	Shaw House 27 West Way Oxford OX2 0QH	Confidential helpline: 0808 2819490  Email: <a href="mailto:info@rabi.org.uk">info@rabi.org.uk</a>  Email: <a href="mailto:grants@rabi.org.uk">grants@rabi.org.uk</a>  Website: <a href="http://www.rabi.org.uk">www.rabi.org.uk</a>	We provide financial help and advice about benefits for farmers, farm workers and their dependents (working or retired).  Royal Agricultural Benevolent Institution ( <b>RABI</b> ) <b>R.A.B.I.</b> can give charitable <b>grants</b> to people of all ages who currently work or have worked in agriculture in England or Wales as a farmer, farm manager or farm worker and their dependants



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Reconnect in Nature</b>	The Haven Llandysillio Clunderwen SA66 7UR	Email: <a href="mailto:connect@reconnectinnature.org.uk">connect@reconnectinnature.org.uk</a>  Website: <a href="http://reconnectinnature.org.uk/#nature-connections-2018">http://reconnectinnature.org.uk/#nature-connections-2018</a>	Reconnect In Nature is a community interest company that helps people reconnect with their natural environment, reconnect with themselves and create a community that supports each other.  Facebook : <a href="https://www.facebook.com/reconnectcic/">https://www.facebook.com/reconnectcic/</a>  Twitter: @reconnectcic
<b>Rise Up and Recover APP</b>		Website: <a href="https://www.recoverywarriors.com/app/">https://www.recoverywarriors.com/app/</a>	Rise Up & Recover is an app for people struggling with food, dieting, exercise and body image. The app is based upon self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT).







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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Shadows - Peer Support Group</b>	ACF HUT Cwmamman Park Garnant Ammanford SA18 1BP	Tel: 07587 709899 07543 741788 07957 273625  Email: <a href="mailto:shadowsdepression16@yahoo.com">shadowsdepression16@yahoo.com</a>  Website: <a href="http://www.shadowsdepressionsupportgroup.co.uk">www.shadowsdepressionsupportgroup.co.uk</a>	<p>Voluntary Peer Support group in Glanamman for people affected by depression and/or anxiety. Drop-in centre. Peer support groups provide a safe environment where people can share experiences and coping strategies, get and give support, learn about depression and explore self-help and self-management.</p> <p>Shadows Depression support group runs every Monday evening (Except Bank Holidays) from 6.30pm – 8.30pm.</p> <p>Shadows Depression Support Group out of hours telephone support operates every Friday and Saturday from 10pm – 6am.</p> <p>Shadows Depression Drop-in centre runs once a fortnight on a Friday from 7pm – 11.30pm</p>
<b>Side by Side App</b>		Website: <a href="https://sidebyside.mind.org.uk/">https://sidebyside.mind.org.uk/</a>	<p>Side by Side is a FREE supportive online community from the mental health charity Mind, for over 17's only. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.</p>



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<b>Silvercloud APP</b>		Website: <a href="https://www.nhs.uk/apps-library/silvercloud/">https://www.nhs.uk/apps-library/silvercloud/</a>	Silvercloud is a FREE app which provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, support for anxiety, depression, anger management, stress management, relaxation and sleep management, among many others.



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<b>SilverCloud Wales</b>		Website: <a href="https://nhs.wales.silvercloudhealth.com">https://nhs.wales.silvercloudhealth.com</a>	<p><b>12 Week online Therapy Course</b></p> <p>Do you need help managing your mental health and wellbeing? You're not alone.</p> <p>People aged 16+ in Wales, experiencing mild to moderate anxiety, depression or stress, can now sign-up for a free, 12-week course of online therapy without waiting to be referred by their GP.</p> <p>It's also backed and supported by a team of humans – a team of psychologists and online cognitive behavioural therapy co-ordinators. So, you're not alone in this.</p> <p>Find out more and sign up below::</p> <p>---</p> <p>A oes angen help arnoch i reoli eich iechyd meddwl a'ch lles? Nid ydych chi ar eich pen eich hun.  Gall pobl 16+ oed yng Nghymru, sy'n profi pryder, iselder neu straen ysgafn i gymedrol, gofrestru ar gyfer cwrs 12 wythnos am ddim o therapi ar-lein heb aros iddynt gael eu cyfeirio gan eu meddyg teulu.  Mae hefyd wedi'i gefnogi gan dîm o fodau dynol - tîm o seicolegwyr a chydlynwyr therapi ymddygiad gwybyddol ar-lein. Felly nid ydych chi ar eich pen eich hun.  Darganfyddwch fwy a chofrestrwch  yma: <a href="https://nhs.wales.silvercloudhealth.com/signup/">https://nhs.wales.silvercloudhealth.com/signup/</a></p>



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<b>Skills Gateway For Adults</b>	Via Careers Wales	Tel: 0800 0284844	The Access Programme provides vocational training grants to help you update your skills, build your confidence and improve your employment opportunities. Help is available to assess your needs and confirm whether you are suitable. You must live in the South Wales valleys area, be aged 18 and over, be unemployed and registered with Jobcentre Plus and not have very much current, relevant and transferrable work experience.
<b>Smart Recipes (NHS APP)</b>		Website: <a href="https://www.nhs.uk/change4life/recipes">https://www.nhs.uk/change4life/recipes</a>	NHS App. The easy way of helping you and your family eat tasty, healthy meals.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Social Care and Housing Complaints Officer</b>	Complaints and Compliments Team Freepost RRZH-HXZC-AGLE Chief Executive's Department Carmarthen County Council County Hall Carmarthen SA31 1JP	Tel: 01267 224488  Email: <a href="mailto:complaints@carmarthenshire.gov.uk">complaints@carmarthenshire.gov.uk</a>	Complaints and compliments for Social Care and Housing.
<b>Social Services Emergency Out of Hours Service</b>		Emergency Out of Hours Number Tel: 01558 824283  Careline Number: (Call centre) 0845 6580445  For matters relating to Children's Services:  Tel: 01554 742322 (Llanelli)	This service deals with emergency situations that cannot wait until the next working day and operates when the main offices are closed.  Any person who lives in Carmarthenshire can use the service whether they receive a service or not.  Please contact us if: A child or young person is in need of protection from harm, a parent, carer or child needs emergency help, advice or support, a carer or vulnerable adult is in urgent need, there are serious concerns about a person's mental health.



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Social Services Third Sector Broker Carmarthenshire West Wales Care Partnership.</b>	3 Spilman Street Carmarthen SA31 1LE	Tel: 01367 228756  Email: <a href="mailto:wwcp@carmarthenshire.gov.uk">wwcp@carmarthenshire.gov.uk</a>  Website: <a href="http://www.wwcp.org.uk">www.wwcp.org.uk</a>	<p>As partners we share a commitment to ensuring health and social care services work well together for the benefit of those that need them and their Carers.</p> <p>The Social Services and Wellbeing (Wales) Act 2014 places new requirements on all organisations that commission and provide care. The WWCP is working together to respond to those requirements, improving services and joining them up as far as possible so they deliver the best outcomes for citizens.</p>
<b>Stay Alive APP</b>		Website: <a href="https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/">https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/</a>	<p>The Stay Alive app is a FREE suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.</p>
<b>Stress Control Training</b>		Tel: 01554 779351  Mob: 07816064644  Mob: 07816064643  Email: <a href="mailto:Stresscontrol.carms.hdd@wales.nhs.uk">Stresscontrol.carms.hdd@wales.nhs.uk</a>	<p>Stress Control is a 4-session course. It is for people who want to learn better ways to get on top of their problems such as depression, anxiety, panic, poor sleep and low self-confidence.</p> <p>It is a class not group therapy so you don't have to talk about your problems. You just need to turn up, sit back and learn some great ways to control stress. Stress is common, therefore there may be lots of people in the class.</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Student Health (NHS APP)</b>		Website: <a href="https://www.nhs.uk/apps-library/student-health-app/">https://www.nhs.uk/apps-library/student-health-app/</a>	NHS App for students to access pages packed with reliable health information on first aid, mental health, love and sex, alcohol and drugs and more.
<b>Taf QT Club</b>	Venue not supplied.	Contact : Reg Wyeth  Tel: 01994 231828  Email: <a href="mailto:rwyth@btinternet.com">rwyth@btinternet.com</a>	Club meets fortnightly and transport can be provided if necessary.  Offers activities for people living with dementia related illnesses and their Carers.
<b>The Biscuit Fund</b>		Email: <a href="mailto:info@biscuitfund.org">info@biscuitfund.org</a>  Website <a href="http://www.biscuitfund.org">www.biscuitfund.org</a>	Referrals only from anyone working in a social, advisory or healthcare organisation. No direct applications from individuals  Run by volunteers, The Biscuit Fund gives small one-off financial gifts to people who find themselves in dire financial need. Focus on food and fuel poverty as a priority.
<b>The Child Bereavement Trust (CBT)</b>	Clare Charity Centre Wycombe Road Saunderton Buckinghamshire HP14 4BF	Tel: 01494 568900  Email: <a href="mailto:support@childbereavement.org.uk">support@childbereavement.org.uk</a>  Website: <a href="http://www.childbereavement.org.uk">www.childbereavement.org.uk</a>	Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.





## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>The Compassionate Friends (TCF)</b>		Tel: 0345 123 2304 Email: <a href="mailto:info@tcf.org.uk">info@tcf.org.uk</a> Website: <a href="http://www.tcf.org.uk">www.tcf.org.uk</a>	Helpline 9.30am to 4.30pm Monday to Friday.  TCF offers many different kinds of support for bereaved families.
<b>The DPJ Foundation</b>		Confidential helpline: 0800 587 4262 Text: 07860 048799 Email: <a href="mailto:contact@thedpjfoundation.com">contact@thedpjfoundation.com</a> Website: <a href="http://www.thedpjfoundation.com">www.thedpjfoundation.com</a>	We support people in rural communities with poor mental health, especially men in the agricultural sector.
<b>The Expert Patient (EPP) Training and Looking After Me (LAM) Training</b>		Tel: 01554 899035 Website: <a href="http://www.eppwales.org">www.eppwales.org</a>	EPP program for patients and the LAM course for carers are led by trained tutors who themselves have past experience of long-term health conditions or being in a caring role.  The course looks at relaxation techniques, exercise, healthy eating, communicating and planning the future.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>The Family Foundation - #Family Connectors Project</b>		Mobile: 07761 958219  Website: <a href="http://www.thefamilyfoundation.co.uk">www.thefamilyfoundation.co.uk</a>  Email: Donna@TheFamilyFoundation.co.uk	<p>The Family Foundation is a charity based in Wales that supports individuals and families to thrive and get the support they need. The #Family Connectors project and 'Removing Barriers to Family Life' project is aimed at providing support to veterans and their partners, carer's and family members. This new team is funded by the Armed Forces Covenant. Areas of support include: Identifying Training Gaps &amp; Needs, Helping create an individual Training Plan, Getting them onto suitable courses to match identified needs - Short courses from half day to 1 - 3 Days, Updating CV's or helping to create a new one, Providing clients with information on Jobs in their area or in other locations, Referring to other organisations for additional help &amp; support, Being a good listener to help individuals and families. The project covers Swansea, Carmarthenshire, Ceredigion and Pembrokeshire. Referral Forms available.</p>
<b>The Freedom of Information Officer</b>	Hywel Dda University Health Board Corporate Offices Ystwyth Building St David's Park Jobs Well Road Carmarthen SA31 3BB	Tel: 01267 239682  Email: <a href="mailto:FOI.HywelDda@wales.nhs.uk">FOI.HywelDda@wales.nhs.uk</a>  Website: <a href="http://www.wales.nhs.org">www.wales.nhs.org</a>	<p>As an open and transparent organisation, the University Health Board is committed to routinely publishing as much information as possible. If you want information not on the website or through our Publication Scheme you have a right to make a request via the FOI Act in writing, by fax or by email.</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>The Moving On Club</b>	5-6 Queen Street Carmarthen SA31 1JR	Tel: 01267 221194  Email: <a href="mailto:Madison.tazu@hafancymru.co.uk">Madison.tazu@hafancymru.co.uk</a>	Referral form required. Offers courses in Welsh, developing personal confidence, self-awareness and interview techniques.
<b>The National Exercise Referral Scheme (NERS)</b>		Tel: 029 20468600  Email: <a href="mailto:enquiry@wlga.gov.uk">enquiry@wlga.gov.uk</a>  Website: <a href="http://www.wlga.wales/ners-mental-health">www.wlga.wales/ners-mental-health</a>	<p>The NERS is a Public Health Wales (PHW) funded scheme targeted at clients at risk of developing a chronic disease. The scheme is centrally co-ordinated by Welsh Local Government Association (WLGA).</p> <p>NERS is an evidence-based high intervention incorporating physical and behavioural change techniques to support referred clients to make lifestyle changes to improve their health and wellbeing.</p> <p>The aims are to: Offer high quality NERS across Wales To increase the long-term adherence of clients to physical activity. To improve the physical and mental health of clients. To determine the effectiveness of the intervention in increasing clients' activity levels and improving their health.</p> <p>The guidance supports a partnership approach between the CMHT and NERS. Safe community-based exercise opportunities suitable to meet the needs of clients with enduring mental health problems.</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Time Banking Pembrokeshire / Carmarthenshire / Ceredigion</b>		Website: <a href="http://www.connect2carmarthenshire.org.uk">www.connect2carmarthenshire.org.uk</a>	Time Banking makes use of assets and resources within a community that may be overlooked in conventional economic transactions. Equality is enshrined in every time banking exchange through the principle of 'an hour for an hour'. It brings people together, from different backgrounds to build meaningful connections and friendships.
<b>Tir Coed</b>		Mob: 07476 899544  Email: <a href="mailto:carms@tircoed.org.uk">carms@tircoed.org.uk</a>  Website: <a href="http://www.tircoed.org.uk">www.tircoed.org.uk</a>	<p>After a prolonged absence from the woods, Tir Coed is preparing to return to delivery!</p> <p>In an effort to avoid further virus-related disruption, we are switching to a programme of volunteering days and one day courses from November. These will be on Wednesdays and Thursday and run from Mynydd Mawr Woodland Park in Tumble. The view is to return to delivery of our longer courses in the spring/summer.</p> <p>Our delivery staff, who have been furloughed since March, are back and are busy planning a programme of fantastic woodland activities. We have also produced Covid-19 protocols, procedures and risk assessments to ensure that our delivery is as safe as possible, this includes limiting group sizes so activities can remain socially distant.</p> <p>If you would like to refer an individual to a volunteering session or one day course, get in touch!</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Tir Dewi</b>		Confidential helpline: 0800 121 4722 Tel: 01348 837600 / 07970 180408 Email: <a href="mailto:gareth@tirdewi.co.uk">gareth@tirdewi.co.uk</a> Website: <a href="http://www.tirdewi.co.uk">www.tirdewi.co.uk</a>	A freephone helpline and on-farm support service for farmers.
<b>Transport For All</b>	Dolen Teifi Old Post Office New Road Llandysul Ceredigion SA44 4QJ	Enquiries : Tel : 0845 6861973  Contact: Rod Bowen Tel: 01559 362403 Mob: 07771814401  Website: <a href="http://www.dolenteifi.org.uk">www.dolenteifi.org.uk</a>	Community transport service ie community minibuses (14 to 17 seats including the driver) for group use which is an affordable way for groups to get around with vehicles based in Carmarthen, Llanelli and Llandysul. All minibuses are wheelchair accessible.



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Traveline Cymru</b>		Tel: 0800 4640000  Email: <a href="mailto:feedback@traveline.cymru">feedback@traveline.cymru</a>  Website: <a href="http://www.traveline.cymru">www.traveline.cymru</a>	<p>Funded by the Welsh Government, we work in partnership with operators and local authorities to provide public transport information across Wales for bus, coach and train, as well as walking and cycling routes.</p> <p>We offer a one-stop-shop for travel information, where you can find all the journey information you'll need in one place, in a few simple steps.</p> <p>Opening hours: 7am to 8pm daily (limited service on Christmas Eve, Christmas Day, Boxing Day, New Year's Eve and New Year's Day).</p>
<b>Try Something New Groups Alzheimer's Society</b>		Tel: 01269 597411  Cheryl Davies 07834 729766  Email: <a href="mailto:Cheryl.davies@alzheimers.org.uk">Cheryl.davies@alzheimers.org.uk</a>  Email: <a href="mailto:Carmarthenshire@alzheimers.org.uk">Carmarthenshire@alzheimers.org.uk</a>	<p>Try Something New Groups is an exciting project that delivers a range of formal and informal activities for people with dementia and their carers free of charge. Weekly activity sessions run for up to 12 weeks, with activities such as arts and crafts, gardening, local history, music, reminiscence, cookery, gentle exercise and many more.</p>
<b>Ty Golau (House of Light)</b>	Ty Golau 61 Morfa Maen Kidwelly SA17 4UF	Tel: 01554 890896  Email: <a href="mailto:info@tygolau.org.uk">info@tygolau.org.uk</a>  Website: <a href="http://www.tygolau.org.uk">www.tygolau.org.uk</a>	<p>Ty Golau is a health and wellbeing facility for people aged 50 and over, many of whom have memory problems, Alzheimers or dementia type illness. Ty Golau offers support and respite to family / carers as they care for within the group in the knowledge that they are safe, well looked after and having a good time.</p> <p>Reminiscence therapy, quizzes, music and movement, sing a long's, life story and much more.</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<p><b>University of the Third Age (U3A)</b></p>		<p>Contact via website:  <a href="http://www.carmarthenu3a.org.uk">www.carmarthenu3a.org.uk</a></p>	<p>Our vision is to make lifelong learning through the experience of U3A a reality for all third-agers.</p> <p>Members form interest groups covering a wide range of topics and activities as they desire by the members for the members.</p> <p>No qualifications are sought or offered.</p> <p>Learning is for its own sake with enjoyment being the prime motive. There is no distinction between the learners and the teachers they are all U3A members.</p> <p>Shared learning, creative and leisure activities for retired and semi-retired people to come together and learn together e.g. history, jazz, literature, music appreciation, poetry, walking, art, digital etc. Members share their skills and life experiences.</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Veteran's Gateway</b>		Tel: 0808 802 1212  Email: <a href="mailto:Support.veteransgateway.org.uk">Support.veteransgateway.org.uk</a>  Website: <a href="http://www.veteransgateway.org.uk">www.veteransgateway.org.uk</a>	<p>The First Point of Contact for veterans seeking support. We put veterans and their families in touch with organisations best placed to help with the information, advice and support they need – from healthcare, and housing to employability, finances, personal relationships and more. 24 hours per day, 7 days per week via phone or email to get the information you need, or direct you to the information you are looking for.</p> <p>The Veterans' Gateway now has a <u>Covid 19</u> support tab, accessed via the local support section. It contains links to Local authorities plus charities, local support groups and new services set up to support clients during the Corona Virus. As we are made aware of new services, they can be added on so please do keep sending over any services you are aware of which you think should be on the Covid tab. We are adding in the new services you provided us with already so they are on the Covid tab or within the relevant section of the website eg. Employment. Housing.</p> <p><a href="https://www.veteransgateway.org.uk/local-support/">https://www.veteransgateway.org.uk/local-support/</a></p>
<b>Veterans Legal Link</b>		Email: <a href="mailto:help@veteranslegal.co.uk">help@veteranslegal.co.uk</a>  Website: <a href="http://www.veteranslegallink.org">www.veteranslegallink.org</a>	Assists veterans and their families in receiving free legal advice.





## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Veterans NHS Wales</b>		Tel: 01570 422577  Website: <a href="http://www.veteranswales.co.uk">www.veteranswales.co.uk</a>	<p>Veterans' NHS Wales is a specialised, priority service for individuals who have served in the Armed Forces, at any time in their lives and who are experiencing mental health difficulties related specifically to their military service. This also includes merchant navy personnel involved in military operations. 'Military related' does not just include the effects of combat; it may also include incidents on exercise, peace keeping or training. It can also be issues related to mistreatment such as bullying or arising from leaving the forces and adjusting to 'civvy street'.</p> <p>Each Local Health Board (LHB) has appointed an experienced clinician as a Veteran Therapist (VT) with an interest or experience of military (mental) health problems. The VT will accept referrals from health care staff, GPs, veteran charities and self-referrals from ex-service personnel.</p> <p>Continued/...</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Veterans NHS Wales / Continued</b>			<p>Continued/...</p> <p>Appointments will be arranged as close to the veteran's home as possible in a suitable venue. The service is not able to respond to emergency referrals. Veterans in crisis should contact their GP or the Out of Hours Service. There is a Psychiatrist on-call at all Accident and Emergency Units in District General Hospitals.</p> <p>Following the assessment, the veteran may be offered treatment by the VT or referred on to other NHS teams or departments for further treatment. The VT will also refer to veteran charities for help with debt management, housing and employment problems, physical illness and/or injuries, benefits and war pension/armed forces compensation claims as indicated.</p> <p>Please refer to website for useful information on Veterans NHS Wales and links to other helpful websites. Referrals can also be made via this route.</p> <p><a href="https://www.veteranswales.co.uk/how-to-self-refer.html">https://www.veteranswales.co.uk/how-to-self-refer.html</a></p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Wales Homes for Veterans</b>		Tel: 01722 322 882  Email: <a href="mailto:veterans@alabare.co.uk">veterans@alabare.co.uk</a>  Website: <a href="http://www.alabare.co.uk/theme/homes-for-veterans-wales">www.alabare.co.uk/theme/homes-for-veterans-wales</a>	Provides dedicated support to Veterans in North and South Wales - specifically; Cardiff, Pontypridd, Swansea, Carmarthen and Conwy.
<b>Wales Perinatal Mental Health Network Digital Resource</b>		Website: <a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a>	Instead of our annual conference this year, we are excited to announce the launch of our very first digital resource for perinatal mental health in Wales.  The link below will take you to our digital resource in English or Welsh. You will need no more than 2 hours to watch all our videos.  <a href="http://www.rcpsych.ac.uk">Perinatal Network (rcpsych.ac.uk)</a>  <a href="http://www.rcpsych.ac.uk">Rhwydwaith Amenedigol (rcpsych.ac.uk)</a>
<b>Walking Well Projects</b>		Contact: Jan Batty  Tel: 01970 613907  Email: <a href="mailto:Jan.batty@wales.nhs.uk">Jan.batty@wales.nhs.uk</a>  Website: <a href="http://www.publichealthwales.org">www.publichealthwales.org</a>	Help people set up short walks in their community by training Walk Leaders and supporting them to set up a walk and talk group – Am dro am Glonc.



**Carmarthenshire Mental Health Directory**

<b>Organisation</b>	<b>Address</b>	<b>Telephone/Email/Website</b>	<b>Service Provided</b>
<b>Welsh Ambulance Service Trust Non-emergency Patient Contact Centre</b>		Tel: 0300 123 2303	<p>Patients registered with a Carmarthenshire GP practice can contact this number for booking hospital transport. Please note you must give 48 hours' notice for booking in advance of the day of travel.</p> <p>Opening hours: 8.30am to 5pm Monday to Friday (not bank holidays or weekends).</p>
<b>Welsh Ambulance Service Trust Non-emergency Patient Transport Contact Centre (Hospital booking line only)</b>		Tel: 01267 225789	<p>Hospital wards and clinicians can contact this number for booking hospital transport. Please note you must give 48 hours' notice for booking in advance of the day of travel.</p> <p>Opening hours: 8.30am to 5pm Monday to Friday (not bank holidays or weekends).</p>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>West Wales Action for Mental Health (WWAMH)</b>	The Mount 18 Queen Street Carmarthen SA31 1JT	Tel: 01267 245572  Website: <a href="http://www.wwamh.org.uk">www.wwamh.org.uk</a>	WWAMH is a voluntary organisation, a charity, and a company limited by guarantee which supports voluntary organisations with an interest in mental health. Working together with service users, carers, voluntary organisations, statutory providers and commissioners to improve the standards of mental health throughout West Wales. The office is closed at the moment but information on local, regional and national mental health support services are available on the website, Facebook and Twitter. Can provide information about local mental health services and signpost you to relevant organisations. Plus, advocacy. Click the website link to see what services are available near you <a href="http://www.wwamh.org.uk/mental-health-directories">http://www.wwamh.org.uk/mental-health-directories</a>



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>West Wales Motorbike Project</b>	The Mount 18 Queen Street Carmarthen SA31 1JT and Motor Vehicle Department Coleg Sir Gar Pibwrlwyd Campus Carmarthen SA31 2NH	Contact: Lucie Soper  Tel: 01267 245572  Email: <a href="mailto:westwalesmotorcycle@gmail.com">westwalesmotorcycle@gmail.com</a>	Meeting once a month on a Saturday morning.  Community group that wishes to promote the mental health benefits of motorcycling. The project will work with people to learn about motorbikes including repair and riding skills. Enabling people to come together and support one another and build new friendships.
<b>Young Adult Carers (YAC)</b>	Venue not supplied	Contact: Melanie Rees  Mob: 07535449686  Tel: 0300 0200002 (office)  Email: <a href="mailto:melanie@carmarthenshirecarers.org.uk">melanie@carmarthenshirecarers.org.uk</a>  Website: <a href="http://www.carmarthenshirecarers.org.uk">www.carmarthenshirecarers.org.uk</a>	If you look after a family member, friend or child with a disability, mental health or substance misuse issues and are a young adult carer aged 16-25 years then you can get support from the YAC Project.  The Support Service includes a dedicated key worker providing 1-2-1 support in your home or community. Individually tailored support plans with a family-based approach. Information on carers issues. Life skills groups – confidence building and health and well being. Access to other services which can offer support.  Grant applications e.g. for short breaks, bursaries etc. A directory of services, newsletters and updates.