



## **Carmarthenshire Mental Health Directory 2018**

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)**



## Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<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>	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).  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.
<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.
<b>Age concern</b>	Unit 5–11 100 Trostre Road Llanelli SA15 2EA	Tel: 01554 784080  Email: <a href="mailto:info@agecymrusirgar.org.uk">info@agecymrusirgar.org.uk</a>  Website: <a href="http://www.agecymrusirgar.co.uk">www.agecymrusirgar.co.uk</a>	Charity providing information, advice and signposting to other services eg welfare benefits and appeals to Catch Up. However no longer supply advocacy.  Befriending links, garden service at home, trade man lists, handyperson – small jobs around the home, teaching computer



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			skills at home, short term activities and luncheon groups.
<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>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>	ARC Homes is an enterprise of Chooselife UK.  ARC Homes accepts referrals for people who have varying needs and issues.  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.  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.  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.
<b>Area Mental Health Teams</b>	Wellfield Resource Centre 22 Wellfield Road Carmarthen SA31 1DS	Emergency out of hours social services  Tel: 01558 824283 (Careline)  Carmarthen : 01267 236017	Monday to Friday 9am to 5pm for Social Services and Community Psychiatric Nurses.  Emergency out of hours for Social Services – Careline.



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	<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>Ammanford : 01269 595473</p> <p>Llanelli : 01554 772768 Llandovery : 01550 777771</p> <p>Website: <a href="http://www.wales.nhs.uk">www.wales.nhs.uk</a></p>	
<b>Arts Care Gofal Celf (ACGC)</b>	<p>Ground Floor 24 King Street Carmarthen SA31 1BS</p>	<p>Tel: 01267 243815</p> <p>Email: <a href="mailto:info@acgc.co.uk">info@acgc.co.uk</a></p> <p>Website: <a href="http://www.acgc.co.uk">www.acgc.co.uk</a></p>	<p>Arts Care Gofal Celf (ACGC) is a professional arts organisation based in West Wales with experience of delivering high quality projects of arts and creative programs.</p>
<b>Awaydays</b>		<p>Contact: Alan</p> <p>Mob: 07507257692</p> <p>Email: <a href="mailto:awaydays@mail.com">awaydays@mail.com</a></p>	<p>Awaydays is a social befriending group run by and for people with experience of mental health problems.</p>
<b>Awaydays Coastcare</b>	<p>Cellar Cafe English Baptist Church Lammas Street Carmarthen SA31 3AD</p>	<p>Contact: Alan</p> <p>Mob: 07507257692</p> <p>Email: <a href="mailto:awaydayscoastcare@mail.com">awaydayscoastcare@mail.com</a></p>	<p>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.</p>



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			Beach cleans, coastal walks, riverside and lakeside litter picks and area management.
<b>Bipolar UK</b>	Carmarthen Support Group Carmarthen Quins Rugby Club Morfa Lane Carmarthen SA31 3AX	Tel : 0845 4349938  Email: <a href="mailto:Carmarthen@bipolarukgroups.org.uk">Carmarthen@bipolarukgroups.org.uk</a>  Website: <a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a>	The Carmarthen Bipolar Support Group belongs to the national network of local groups run by Bipolar UK. Bipolar support groups offer: Peer support through group discussion, useful information, Social activities, Guidance on managing mood swings. Group meetings are friendly, confidential and informal. Meetings are open to all individuals affected by bipolar, including those with a diagnosis, those pre-diagnosis, their family members, friends and carers. Meet on the third Wednesday each month from 6.30pm to 8.30pm at rugby club.
<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-lanelli@redcross.org.uk">BRCSSP-lanelli@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.
<b>CALL</b>		Tel: 0800 132 737  Website: <a href="http://www.callhelpline.org.uk">www.callhelpline.org.uk</a>	24 hour 7 days a week confidential helpline.
<b>Cam Nesta</b>	Building 2 St David's Park	Tel: 01267 246699 or	Cam Nesta is a European Funded project working with young people between 16-24 years old who are NEET (not in



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	Job's Well Road Carmarthen SA31 3HB	Tel: 01267 246661 Email: <a href="mailto:camnesa@carmarthenshire.gov.uk">camnesa@carmarthenshire.gov.uk</a>	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>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.
<b>Carers Mental Health Advocate (Eiriol)</b>	1 <sup>st</sup> Floor Office 59 King Street Carmarthen SA31 1BA	Tel: 01267 235427 Email: <a href="mailto:carersadvocate@eiriol.org.uk">carersadvocate@eiriol.org.uk</a> Website: <a href="http://www.eiriol.org.uk">www.eiriol.org.uk</a>	Assist and support the carers of people with a broad range of mental health difficulties through advocacy and support groups.
<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</b>	NA	Tel: 01267 246513	High Functioning Autism (HFA) and Asperger Syndrome (AS) are both part of the Autism Spectrum. Autism is a lifelong



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<p><b>Advice (CAAA)</b></p>		<p>Email: <a href="mailto:CAA@sirgar.gov.uk">CAA@sirgar.gov.uk</a></p> <p>Website: <a href="http://www.carmarthenshire.gov.uk">www.carmarthenshire.gov.uk</a></p> <p>Facebook - <a href="#">HAIPAC</a></p>	<p>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.</p> <p>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>
<p><b>Carmarthenshire Floating Support Service (CFSS) (The Wallich)</b></p>	<p>2 Station Road Llanelli SA15 1AB</p>	<p>Tel: 01554 701800</p> <p>Mob: 07595491148</p> <p>Email: <a href="mailto:Cath.wilson@thewallich.net">Cath.wilson@thewallich.net</a></p> <p>Email: <a href="mailto:David.Harries@thewallich.net">David.Harries@thewallich.net</a></p> <p>Website: <a href="http://www.thewallich.com">www.thewallich.com</a></p>	<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.</p> <p>Facilitating access to other services such as healthcare, training or education</p>
<p><b>Carmarthenshire Hearing Voices</b></p>	<p>Hafal 8-10 Woods Row</p>	<p>Tel: 01239 841823</p>	<p>Meeting at Hafal on Tuesday evenings 6pm to 7.30pm. A chance for voice hearers, seers of visions or those experiencing tactile</p>







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	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>	
<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>	<p>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.</p> <p>Carmarthenshire Young Carers Service provides one to one support as well as group activities for Young Carers under the age of 18.</p>
<b>Carmarthenshire Youth and Child Association (CYCA)</b>	Nevill Street Llanelli SA15 2RS	Tel: 01554 757599  Email: <a href="mailto:securingfutures@cycaonline.org">securingfutures@cycaonline.org</a>  Website: <a href="http://www.cycaisg.com">www.cycaisg.com</a>	<p>CYCA offers 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</p>



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			way you can access support and will feature a host of digital tools offering information and advice on a variety of issues and conditions.
<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.
<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>	Clic is Hafal's new online community for people with a mental illness and their carers. Our safe and positive online space gives you the chance to : Chat and make friends as loneliness can be a huge issue with people with mental illness and their carers. Give support to and receive support from people with similar experiences. Being able to communicate in either English and Welsh. Get helpful information and contacts.
<b>Cruse Bereavement Care</b>	Waterloo Terrace Carmarthen SA31 1DQ	Tel: 0808 8081677  Carmarthen branch: Tel: 01267 235130 Tel: 01267 267009 – answer machine  Email: <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a> Email: <a href="mailto:westwales@cruse.org.uk">westwales@cruse.org.uk</a>  Website: <a href="http://www.crusebereavementcare.org.uk">www.crusebereavementcare.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.
<b>Cyfle Cymru</b>	Venue not supplied.	Tel: 01267 231634	Peer mentoring service which provides help to people to develop



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		<p>Email: <a href="mailto:ask@cyflecymru.com">ask@cyflecymru.com</a></p>	<p>confidence, and provide support to access training, qualifications and work experience.</p> <p>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>
<b>Delta Wellbeing</b>		<p>Tel: 0300 333 2222</p> <p>Email: <a href="mailto:info@deltawellbeing.org.uk">info@deltawellbeing.org.uk</a></p> <p>Website: <a href="http://www.deltawellbeing.org.uk">www.deltawellbeing.org.uk</a></p>	<p>A quick and easy access to information, advice, and assistance on all matters in relation to Health, Social Care and Housing including mental health.</p> <p>24 hour service, 7 days a week, 365 days a year and can be accessed by anyone needing support and guidance.</p>
<b>Eiriol</b>	<p>1<sup>st</sup> Floor Office 59 King Street Carmarthen SA31 1BA</p>	<p>Tel: 01267 231122</p> <p>Email: <a href="mailto:eiriol@eiriol.org.uk">eiriol@eiriol.org.uk</a></p> <p>Website: <a href="http://www.eiriol.org.uk">www.eiriol.org.uk</a></p>	<p>Free workshops and short courses for people with mental health issues including shared reading groups, Dementia Friends Training, mood health and well-being, self advocacy and carers course.</p>
<b>Equus Ferus International</b>	<p>Pantymaen Four Roads Kidwelly SA17 4SF</p>	<p>Contact : Jackie Turner</p> <p>Mob : 07920522649</p> <p>Email: <a href="mailto:admin@equusferus.org">admin@equusferus.org</a></p>	<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</p>



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		Website: <a href="http://www.equusferus.org">www.equusferus.org</a>	<p>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 well being and personal development for clients and loved ones.</p>
<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>	<p>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.</p>
<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>	<p>Leading Welsh National Mental Health Charity and Wellbeing Charity.</p> <p>Provides a wide range of services to people with mental health problems – supporting their independence, recovery, health and well being.</p> <p>Tenancy support – referral required – help people with housing issues.</p>



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<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 well being. 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>	
<b>Hafal Carmarthen</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>	Day services provide a wide range of opportunities and activities to help recovery from a serious mental illness.
<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>	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.
<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</b>		Tel: 01554 742870	Temporary 24 hour domiciliary support in shared housing for adults



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<b>Supported Housing Project</b>		Email: <a href="mailto:llanelli@hafal.org">llanelli@hafal.org</a>	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
<b>Help for Heroes</b>		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>Housing Support Service for older people</b>		Tel: 01269 598206 Email: <a href="mailto:housingsupport@carthenshire.gov.uk">housingsupport@carthenshire.gov.uk</a> Website: <a href="http://www.carthenshire.gov.wales/housing">www.carthenshire.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.
<b>HUTS</b>	Teifi Terrace Adpar Newcastle Emlyn SA38 9ED	Tel: 01239 710377 Email: <a href="mailto:huts@hutsworkshop.org">huts@hutsworkshop.org</a> Website: <a href="http://www.huts@hutsworkshop.org">www.huts@hutsworkshop.org</a>	HUTS is a mental health and learning disability charity.  Providing arts and crafts therapeutic workshops for people with experience of mental health problems.
<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>	Open 9am to 5pm.  Non profit organisation with committees in each county with local offices in Aberystwyth, Carmarthen and Milford Haven.  Free, confidential and independent advocacy service which can offer advice and support if you have a complaint about health services.



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			<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>
<b>Hywel Dda Health Board</b>	Centralised contact centre in Prince Phillip Hospital	<p>Tel: 0300 3039642</p> <p>Website: <a href="http://www.hywelddahb.wales.nhs.uk">www.hywelddahb.wales.nhs.uk</a></p>	<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>		<p>Website: <a href="http://www.iwan.wales.nhs.uk/hafan">www.iwan.wales.nhs.uk/hafan</a></p>	<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>
<b>Infoengine</b>		<p>Website: <a href="http://www.en.infoengine.cymru">www.en.infoengine.cymru</a></p>	<p>Infoengine is the directory of third sector services in Wales.</p> <p>Infoengine highlights a wide variety of excellent voluntary and</p>



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			<p>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>Joined Up Linking</b>	<p>Unit 4 The Palms 96 Queen Victoria Road Llanelli SA15 2TH</p>	<p>Tel : 01554 757957</p> <p>Mob: 07562374776</p> <p>Email: <a href="mailto:info@links.uk.net">info@links.uk.net</a></p> <p>Website: <a href="http://www.links.uk.net">www.links.uk.net</a></p>	<p>Support service for ex-forces men and women suffering from mental health issues based in Llanelli and encompassing Carmarthenshire.</p> <p>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.</p> <p>We help improve self esteem and self confidence. Signpost to appropriate organisations. Offering support, access to information and activities.</p>
<b>Journeys</b>	<p>38 Albany Road Cardiff CF24 3RQ</p>	<p>Tel: 02920692891</p> <p>Email: <a href="mailto:info@journeysonline.org.uk">info@journeysonline.org.uk</a></p>	<p>Non profit organisation.</p> <p>Open Monday to Friday 10am to 4pm.</p> <p>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</p>





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			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.
<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 groups wool and needles.
<b>LINKS</b>	Unit 4 The Palms 96 Queen Victoria Road Llanelli SA15 2TH	Tel: 01554 757957  Mob: 07582717736  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 well being. 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.
<b>Llandoverly Youth and Community Association</b>	Gerwyn House 19 Market Square Llandoverly 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	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



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		Email: <a href="mailto:Myeo1@talktalk.net">Myeo1@talktalk.net</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.
<b>Mens 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 Mens Sheds is a co operative association wholly owned by its members with sites in Llanelli, Kidwelly and Ferryside. It is a work shop 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.
<b>Mental Health Advocacy (Eiriol)</b>	1 <sup>st</sup> Floor Office 59 King Street Carmarthen SA31 1BA	Tel: 01267 231122  Email: <a href="mailto:eiriol@eiriol.org.uk">eiriol@eiriol.org.uk</a>  Website: <a href="http://www.eiriol.org.uk">www.eiriol.org.uk</a>	Advocacy for over 18's 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.
<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>	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.  Developing projects in the fields of Health and Wellbeing, Community Regeneration, the Environment, Life Long Learning and Children and Young People.
<b>Mind Befriending Scheme Sir Gar</b>	Unit 10, Delta Lakes Enterprise Centre, The Avenue,	Tel: 01554 776306  Email: <a href="mailto:befriending@llanelli-mind.org.uk">befriending@llanelli-mind.org.uk</a>	Befriending scheme offers support and companionship to people who have mental health needs.  They recruit, train and match volunteers with individuals who are



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	Llanelli. SA15 2DS.	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>	socially isolated through their experience of mental ill health and in a rural county like Carmarthenshire people can be geographically isolated.  Aim is to encourage people experiencing emotional or mental health problems towards a more fulfilling life through developing mutually beneficial friendships.
<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 counselling, gardening, information services, being a resource centre, wellbeing etc.
<b>Mind Llanelli 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>	Non profit organisation.  Services include talking therapies, crisis help lines, drop in centre, employment and training schemes, counselling and befriending.
<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>Myrtle house</b>	ELIM Pentecostal	Tel: 01554 756051	Church Community



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	Church Myrtle House 22 Myrtle Terrace Llanelli SA15	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>	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.
<b>New Pathways</b>	Carmarthen (SARC) Elm Tree House West Wales General Hospital Francis Well Carmarthen SA31 2AF	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>	Rape crisis and sexual abuse support services. New Pathways was established in Merthyr Tydfil in 1993 as a helpline for female victims of rape. Over the years it has grown and diversified and we now offer a range of counselling, advocacy and support services for women, men, children and young people. Counselling is talking therapy that gives people the opportunity to talk about their problems and the way in which these problems affect them with a trained professional counsellor.  New Pathways provides specialist counselling and support to women and men who are affected by the trauma caused by rape and sexual abuse. New pathways also provide counselling for people with learning disabilities.  In addition to face-to-face counselling, we offer telephone and Skype counselling to clients who are unable or who would prefer not to access face to face counselling.
<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>Nuturing Nature</b>	Venue not supplied.	Contacts: Vivien Morgan Larcher and	Offering Nature based activities and crafts in a woodland in



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		Phil Larcher Mob: 07842518714 Email: <a href="mailto:vivmorgan@hotmail.co.uk">vivmorgan@hotmail.co.uk</a>	Carmarthen.
<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</b>		Confidential helpline: 0808 2819490 Email: <a href="mailto:grants@rabi.org.uk">grants@rabi.org.uk</a>	
<b>Routes Gardening Project</b>	Venue not supplied.	Contact: Yvonne Richards Email: <a href="mailto:routesgardening@gmail.com">routesgardening@gmail.com</a>	Offering volunteer placements, training, land management and gardening experience at a dedicated farm in Meidrim.
<b>Samaritans</b>	Freepost RSRB-KKBY-CYJK Po Box 9090 Stirling FK8 2SA	Tel: 116 123 (free to call) Tel: 01792 655999 (local call charges apply)	Registered charity. Free confidential support 24 hours a day – 365 days a year.
<b>Samaritans</b>	17 St John's Road	Welsh Language Line Tel : 0808 164 0123	Welsh language line open 7pm to 11pm 7 days a week.



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<b>Local Office</b>	Manselton Swansea SA5 8PR	Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>  Website: <a href="http://www.samaritans.org">www.samaritans.org</a>	
<b>Shadows - Peer Support Group.</b>	Glanamman Community Centre High Street Glanamman Ammanford SA18 1DX	Contact: Louise  Mob: 07587709899	Meet every Monday evening from 6.30pm to 8.30pm. Peer support group in Glanamman for people affected by depression and/or anxiety. 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.
<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 access 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>Social Care and Housing Complaints Officer</b>	Complaints and Compliments Team Freepost RRZH-HXZC-AGLE Chief Executive's Department Carms County Council County Hall Carmarthen	Tel: 01267 224488  Email: <a href="mailto:complaints@carmarthenshire.gov.uk">complaints@carmarthenshire.gov.uk</a>	Complaints and compliments for Social Care and Housing.



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	SA31 1JP		
<b>Social Services Emergency Out of Hours Service</b>		<p>Emergency Out of Hours Number Tel : 01558 824283</p> <p>Careline Number : (Call centre) 0845 6580445</p> <p>For matters relating to Children's Services :</p> <p>Tel : 01554 742322 (Llanelli)</p>	<p>This service deals with emergency situations that cannot wait until the next working day and operates when the main offices are closed.</p> <p>Any person who lives in Carmarthenshire can use the service whether they receive a service or not.</p> <p>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.</p>
<b>Social Services Third Sector Broker Carmarthenshire West Wales Care Partnership.</b>	3 Spilman Street Carmarthen SA31 1LE	<p>Tel: 01367 228756</p> <p>Email: <a href="mailto:wwcp@carmarthenshire.gov.uk">wwcp@carmarthenshire.gov.uk</a></p> <p>Website: <a href="http://www.wwcp.org.uk">www.wwcp.org.uk</a></p>	<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>Stress Control Training</b>		<p>Tel: 01554 779351</p> <p>Mob: 07816064644</p> <p>Mob: 07816064643</p> <p>Email: <a href="mailto:Stresscontrol.carms.hdd@wales.nhs.uk">Stresscontrol.carms.hdd@wales.nhs.uk</a></p>	<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.</p>



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			Stress is common, therefore there may be lots of people in the class.
<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 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.
<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>	
<b>The Expert Patient (EPP) Training and</b>		Tel: 01554 744492  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.





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<b>Looking After Me (LAM) Training</b>			The course looks at relaxation techniques, exercise, healthy eating, communicating and planning the future.
<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>	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.
<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>	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). 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. 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.



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			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.
<b>Tir Dewi</b>		Confidential helpline: 0800 121 4722  Email: <a href="mailto:mail@tirdewi.co.uk">mail@tirdewi.co.uk</a>	
<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.
<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>	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.
<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>	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.  Reminiscence therapy, quizzes, music and movement, sing a



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			longs, life story and much more.
<b>University of the Third Age (U3A)</b>		Contact via website:  <a href="http://www.carmarthenu3a.org.uk">www.carmarthenu3a.org.uk</a>	Our vision is to make lifelong learning through the experience of U3A a reality for all third-agers. Members form interest groups covering a wide range of topics and activities as they desire by the members for the members. No qualifications are sought or offered. 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. Shared learning, creative and leisure activities for retired and semi-retired people to come together and learn together eg history, jazz, literature, music appreciation, poetry, walking, art, digital etc. Members share their skills and life experiences.
<b>Veterans 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>	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.
<b>Veterans Health and Wellbeing Service</b>	Pembrokeshire Mental Health Services Bro Cerwyn/ St Brynach Day Hospitals/ Child adolescent and Family Unit Fishguard Road, Haverfordwest,	Tel: 01437 773157 or Tel: 01437 773774	Primary aim of Veterans NHS Wales is to improve the mental health and wellbeing of veterans with a service related mental health problem.  Secondary aim is to achieve this through the development of sustainable, accessible and effective services that meet the needs of veterans with mental health and wellbeing difficulties who live in Wales.



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	<p>Pembrokeshire, SA61 2PZ</p> <p>Haven Way Day Hospital South Pembrokeshire Hospital Health And Social Care Resource Centre, Fort Road, Pembroke Dock, Pembrokeshire,</p> <p>Lampeter Resource Centre Llys Steffan Mental Health Resource Centre Temple Terrace Lampeter SA48 7BJ</p>	<p>Tel: 01437 774042</p> <p>Tel: 01570 422577</p> <p>Website: <a href="http://www.veteranswales.co.uk">www.veteranswales.co.uk</a></p>	
<b>Walking Well Projects</b>		<p>Contact: Jan Batty</p> <p>Tel: 01970 613907</p> <p>Email: <a href="mailto:Jan.batty@wales.nhs.uk">Jan.batty@wales.nhs.uk</a></p> <p>Website: <a href="http://www.publichealthwales.org">www.publichealthwales.org</a></p>	<p>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.</p>



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<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>	Can provide information about local mental health services and signpost you to relevant organisations. Plus advocacy.
<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 or Marc Woolcock  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 carers 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 eg for short breaks, bursaries etc. Peer support –



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			including activities and social media. A directory of services, newsletters and updates.
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