

Directory of Mental Health Services Carmarthenshire and National organisations

Carmarthenshire Mental Health Projects:

Carmarthen Mind

Open (office): Tues, Weds, Fri 10am-1pm.

Age 18+ drop-in service for information and advice, alternative therapy, variety of activity workshops e.g. Music, Keep-Fit, Gardening.

Address: 132b Priory St, Carmarthen SA31 1LR

Phone: 01267 222990

Web: www.mind.org.uk

Llanelli Mind

Age 18+ drop-in service for information and advice, alternative therapy, variety of activity workshops e.g. Music, Keep-Fit, Gardening.

46, Thomas St,

Llanelli

Carmarthenshire

Tel 01554 752 751

www.llanelli-mind.org.uk

Mind Befriending scheme Sir Gâr

Tel 01554 776306

www.carmarthenbefriending.org

Provides volunteer befrienders to provide individual outreach support across Carmarthenshire. Helping people to build up their self confidence, interests and social networks.

Hafal:

8-10 Woods Row, Carmarthen

Phone: 01267 223365

Hafal offers a range of support for individuals and families experiencing severe mental health difficulties, across Carmarthenshire.

www.mentalhealth.wales.com

Hafal

Ammanford Mental Health Resource Centre

GP referral for those with severe mental illness. 2 counselling groups/week, various classes e.g. Art, Cookery, and socialising exercises.

Address: High St, Ammanford

Phone: 01269 597002

Links is a mental health project based in Llanelli, Carmarthenshire.

We offer flexible learning opportunities and promote positive emotional well being.

Telephone: 01554 757957

E-Mail: office@links.uk.net

www.links.co.uk

Awaydays is a social befriending group run by and for people with experience with mental health problems.

Telephone (mobile) 07507 257692

E Mail: awaydays@mail.com

www.awaydays-wales.org.uk

HUTS is an arts and crafts therapeutic workshop for people with experience of mental health problems and/or learning disabilities.

6 Surgery Lane, Newcastle Emlyn

Telephone 01239 711108

huts5@tiscali.co.uk

Artscare Gofal Celf

Arts Care Gofal Celf (ACGC) is a professional arts organisation based in West Wales with experience of delivering high quality projects with people of all ages, backgrounds and lifestyles.

Telephone 01267 245 641

E mail info@acgc.co.uk

www.acgc.co.uk

West Wales Action for Mental Health (WWAMH)

Telephone; 01267 238367 or 01554 776149

E mail: wwamh_carmarthen@yahoo.co.uk or wwamh_llanelli@yahoo.org.uk

www.wwamh.org.uk

Can provide information about local mental health services, and signpost you to relevant organisations.

Advocacy

Mental Health Advocacy (Eiriol)01267 231122

Provides help by listening, gathering information that you may need to progress and advise on rights under the mental Health Act.

Carers Mental Health Advocate 01267 235427

07825 795170

carersadvocate@eiriol.org.uk

Assist and support the Carers of people with a broad range of mental health difficulties through advocacy and support groups.

Support Groups and Organisations

Bi Polar/ Manic Depression Support Group

The Carmarthen MDF Self-Help Group meets from 6.30 - 8.30 pm every 3rd Wednesday of the month at: The Indoor Bowling Club, Bro Myrrdin Park Terrace, Carmarthen.

Telephone: 08456 340080

www.mdfwales.org.uk

VOX, Hearing Voices Support Group for Carmarthen meets regularly in Carmarthen.

Telephone 01267 238267 to leave a message for the group Co Ordinator.

National Mental Health Organisations

Journeys

Information and support for depression

Phone: 029 2069 2891

Email: info@journeysonline.org.uk

www.journeysonline.org.uk

Mind

Mind Info line provides a mental health information service

0845 766 0163

www.mind.org.uk

National Hearing Voices Network

Telephone Helpline 0845 122 8642

Telephone Number For Information & Enquiries 0845 122 864

www.hearing-voices.org

Hafal

Tel: 01792 816 600

Fax: 01792 813 056

Email: hafal@hafal.org

www.hafal.org

Awetu

Awetu strives to support all black and minority ethnic people confronted by mental illness through the delivery of its own services and by influencing the services provided by others in order that they are effective and sensitive to the needs of their users

Phone: 029 2048 8002

awetu@btconnect.com

www.awetu.org.uk

Gofal

National Mental Health Charity

Telephone: 01656 647722

E-mail: centraloffice@gofalcymru.org.uk
www.gofalcymru.org.uk

National Help and information lines:

CALL: Community Advice and Listening line 0800 132 737

Samaritans

Free and confidential advice and support Tel. 08457 90 90 90

NHS Direct Wales0845 4647

Telephone service provided by nurses giving confidential health care advice and information 24 hours a day

Mind Info line provides a mental health information service
0845 766 0163

Childline

Free, 24-hour confidential helpline for young people to talk about any problem
0800 1111

Young Minds

020 7336 8445
www.youngminds.org.uk

Support for Children and Young People

Dr Mz

01267 222786
www.drmz.co.uk

Streets

Streets Youth Project
01269 596956

Carmarthenshire Children and Youth Association

Telephone 01554 757599
www.cycaonline.org

YoungMinds

Phone number : 020 7336 8445
Parents Information Service
0800 018 2138 Fax 020 7336 8446
Email address enquiries@youngminds.org.uk
Website <http://www.youngminds.org.uk>

The Children's Commissioner is someone who speaks out and stands up for children and young people's rights. Their free phone numbers and e mail are:

Tel 0808 801 1000

Text 80800 Start message with COM

Email: advice@childcomwales.org.uk

Menter Cwm Gwendraeth, Bywyd Da Youth Health Advice Service

01269 871600 or 07969 881 439

www.mentercwmgwendraeth.org

Statutory Services

Carmarthenshire County Council0845 6580445

For information on serviceswww.carmarthenshire.gov.uk

Area Mental Health Teams

Carmarthen01267 236017

Dinefwr01269 595473

Llanelli01554 772768

For information on assessments and how to access services and support

Social Care & Housing Complaints Officer01267 228835

If you are not happy with your services

Care Standards Inspectorate for Wales (CSIW)01267 223402

For a list of Social Services registered private and voluntary agencies

Carmarthenshire Local Health Board01554 744400

Health Service Commissioner02920 394621

NHS Trusts

Hywel Dda01267 237481

Community Health Council

Carmarthen01267 231384

Information on Bereavement:

The Compassionate Friends

Helpline: 08451 23 23 04 (every day 10am-4pm, 6.30-10pm)

E-mail: info@tcf.org.uk

Website: www.tcf.org.uk

The Child Bereavement Trust (CBT)

Tel: 01494 446 648

Information and Support Line: 0845 357 1000

E-mail: enquiries@childbereavement.org.uk

Website: www.childbereavement.org.uk

Cruse Bereavement Care

Helpline: 0870 167 1677 (Mon-Fri 9.30am-5pm)

E-mail (helpline): helpline@crusebereavementcare.org.uk

E-mail (general): info@crusebereavementcare.org.uk

Website: www.crusebereavementcare.org.uk

Bereavement Officer

West Wales General Hospital.....01267 235151

..... ext. 2639

Carers

Carmarthenshire Carers Project.....0300 0200 002

Phone for information, support, local groups and contacts and a quarterly newsletter for carers

Llanelli Carers Support Group.....01554 756538

The group meets every month at the Coleshill Centre and are a branch of Carers Wales

Carers Wales

Carers Wales 02920 811370

Informs and campaigns on carers issue;

Produces information leaflets free to carers

Carersline0808 808 7777

Free national helpline for carers 10am – 12pm: 2pm – 4pm Wed & Thurs.

Counselling

British Association for Counselling and Psychotherapy

Information line0870 443 5219

www.bacp.co.uk

For information on private counsellors in your area

Carmarthenshire Counselling Service01554 749747

A voluntary organisation with trained counsellors, offering individual counselling for adults over 18 through self referrals or through your GP

01554 749747

carmarthenshirecounselling@yahoo.co.uk

Churches Counselling Service in Wales.....01437 764384

Offers help to anyone who feels that they need someone to talk to.

Confidential, personal service offered by well trained and supervised counsellors

Relate01267 236737

Samaritans0845 790 9090
You can talk in confidence about any problem to a trained person

Seren, Charity offering counselling and support for Adult Survivors of Childhood Sexual Abuse: Tel 01239 711772 or 0845 456 1657
info@seren-wales.org.uk or www.seren-wales.org.uk

Alzheimer's and Dementia

Alzheimer's Society

National Helpline (*Monday - Friday 8.30-6.30*)0845 300 0336
You can speak to trained helpline advisers who can offer information, support, guidance and referral to other organisations
www.alzheimers.org.uk

Alzheimer's Society Carmarthenshire

Heol Parc Mawr
Crosshands Business Park
SA 17 5SS
Tel: 01269 845953
Mobiles: 07791 694677
07825 379515

Covering all of Carmarthenshire the service offers people diagnosed with dementia, and their families, information and support

Amman Valley Dementia Carers Support01269 591787

Crossroads Caring for Carers

Telephone: 01267 220046
Telephone: 01554 74 44 21
www.crossroads.org.uk

Domestic Abuse

Women's Aid

Community Information Centre in Llanelli, Carmarthen and Ammanford.
Tel: 01554 741212, 01267 234725, 01269 597474,
www.womensaid.co.uk

Dyfed/ Powys Police

www.dyfed.powys.police.co.uk
Tel: 01267 232000, 01554 772222, 01269 592222

Carmarthenshire Domestic Abuse Forum

Tel: 01269 597474

Hafan Cymru:

Tel: 01267 225555
www.hafancymru.co.uk

Family Mediation Service: Tel: 01267 233123

National Domestic Abuse Helpline
0808 80 10 800 (8am-2pm/ 8pm- 2am Daily)

Samaritans offer confidential advice and information **08457 90 90 90**

Information & Advice on Eating Disorders

BEAT

National Eating Disorders charity offering information and support.
0845 634 1414 (Adult) 0845 634 7650 (Youth)
fyp@b-eat.co.uk
www.b-eat.co.uk

Housing support

Shelter Cymru

The leading homelessness charity in Wales, which helps young people find safe and affordable housing
You can also talk to experts in housing and homelessness for free and in confidence at Shelter Line on 0808 800 4444 (8am-midnight every day)
www.sheltercymru.org.uk

Foundation Housing

01267 229583
central@foundationhousing.org.uk
www.foundationhousing.org.uk

Hafan Cymru

01267 225555
www.hafancymru.co.uk

Nightstop

01554 749336
nightstop@gwalia.com
www.nightstop-uk.org

Trothwy Cyf

01554 779050
www.trothwy.com
info@trothwy.com

Wallich Clifford

01554 780259
csp@wallichclifford.net
www.wallichclifford.com

Learning Disabilities

Autistic Society Wales.....01792 815915

Contact for local groups and information

Mencap Family Adviser Service Carmarthen01267 232256

Can provide information about learning disability and can answer questions about a range of issues such as how to locate clubs in the area, finding somewhere to live, and much more.

Mencap Cymru Helpline0845 808 1111

Mencap Local Societies

Llanelli & District01554 834974

.....01554 832212

Can provide local support to people with learning disabilities and to their families

Mencap Welfare Benefits Adviser01267 232256

Dedicated to helping people with learning disabilities and their families

Citizen Advocacy Service.

Carmarthenshire People First.....01267 234635

Support agency for people with learning disabilities

Service for legal & financial advice

Citizen's Advice Bureau

Free, confidential and independent advice service.

www.citizensadvice.org.uk

To get specific advice log onto www.adviceguide.org.uk and navigate to get answers to your queries and this should lead you to phone number of your local

Legal Services Commission

This is the organisation that assesses if you qualify for help with legal costs.

www.legalservices.gov.uk

Leaflet line 0845 3000 343 –leaflets are available from this organisation on a number of specific legal issues.

Nacro Cymru

This organisation works to help ex-offenders, disadvantaged people and deprived communities.

www.nacro.org.uk

Nacro Cymru helpline 01792 468400

National helpline 02075826500

Information on Obsessive Compulsive Disorders and Anxiety:

OCD Action

Information Line: 0845 390 6232, Office: 0870 360 6232

E-mail: info@ocdaction.org.uk
Website: www.ocdaction.org.uk

OCD-UK

Tel: 0870 126 9506 (24 hours)
E-mail: admin@ocduk.org
Website: www.ocduk.org

Anxiety Care

Helpline: 020 8478 3400 (Wed 10am-3pm)
Telephone: 020 8262 8891
E-mail: enquiries@anxietycare.org.uk
Website: www.anxietycare.org.uk

Obsessive Compulsive Disorder (OCD) in Children and Adolescents

Website <http://psychology.iop.kcl.ac.uk/ocdkids>

This website provides more information about OCD in children and adolescents and also contains advice for parents and health professionals.

OCD Information for Kids Under 10

<http://psychology.iop.kcl.ac.uk/ocdkids/patients/Under-tens.aspx>

Webpage full of helpful info presented alongside fun graphics especially for the under tens.

Things you need to know about OCD: Information for Young People

<http://ocdyouth.iop.kcl.ac.uk>

Physical Disability or Illness

Arthritis Care Helpline0808 800 4050

RNIB Cymru (Royal National Institute for the Blind).....02920 450440

Provides a wide range of services, including information on benefits, housing, holidays etc.

Cancer Information & Support Service (CISS)01267 655025

Or visit www.cancerinformation.org.uk

Offers information and support to anyone affected by cancer – patient, relative or carer

Deaf and Hard of Hearing Wales Council01443 485687

Minicom01443 485686

Email.....wcdeaf@freenet.co.uk

Diabetes Cymru.....02920 668276

Contact for local groups and information

Disability Wales Helpline.....0800 7316282

10am–1pm Monday and Friday

Epilepsy Cymru Helpline.....08457 413774

Phone for information, support, local groups and contacts

Hearing Concern Helpdesk08450 744600

Provides information on a wide range of issues

Multiple Sclerosis Helpline0808 800 8000

Parkinson's National Helpline.....0808 800 0303

Contact for information on your nearest group.....01443 404916

Information on Phobia's

Anxiety Alliance

Helpline: 01926 851608 (Mon-Fri, 10am-4pm)

Website: www.anxietyalliance.org.uk

Help Overcome Panic Effects Ltd (H.O.P.E)

Helpline: 020 7729 9418 (Mon, Wed, Fri 10am-2pm; Tues 5pm-9pm; Thurs 10am-4.30pm)

E-mail (office): hope_centre@hotmail.com

E-mail (Anxiety problems): healinghope2@hotmail.com

Website: www.hopextra.com

H.O.P.E is dedicated to helping people with panic attacks, anxiety and agoraphobia and runs a Centre in East London.

Websites

AIRFRAID

www.airfraid.com

Dedicated to help you with your fear of flying. Includes details of courses, books and products aimed at people who are afraid of flying.

Anxiety Disorder Education Program

www.nimh.nih.gov/publicat/anxiety.cfm

Has information about panic attacks, phobias and other anxiety disorders and treatments, plus links and contacts. Part of US National Institutes of Health website.

National Phobics Society

www.phobics-society.org.uk/info_agoraphobia.shtml

Info page specific to agoraphobia.

Panic Anxiety Hub

www.panicattacks.com.au

Australian site offering resources on dealing with panic attacks, anxiety and related matters.

The Royal College of Psychiatrists

www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/anxietyphobias/anxietyphobias.aspx

Leaflet describing what it feels like to have a phobia, how you can help yourself, and what other kinds of help are available

Information and Advice on Self Harm:

Carmarthenshire

Llanelli Mind: Tel 01554 752 751

Carmarthen Mind: Tel 01267 222990

Hafal: Phone: 01267 223365
www.mentalhealth.wales.com

National

The Basement Project provides support groups for those who have been abused as children and people who self-harm. These are free to individuals and funded by our work with professionals.

The Basement Project
PO Box 5
Abergavenny
NP7 5XW
01873 856524
<http://www.basementproject.co.uk/>

RecoverYourLife.com

Sihelp.co.uk

Virtual community where people with friends or relatives who harm themselves can find and give support.

Theopalproject.co.uk

Aims to help people who self harm ages 11 to 19. Resources are being extended to help 19 to 25 year olds

National Self Harm Network

NSHN
PO Box 7264
Nottingham
NG1 6WJ
www.nshn.co.uk

Support & Advice for victims of Crime

Victim Support Carmarthenshire

01554 775187
dyfed@victimsupport.org.uk
www.victimsupport.org.uk

Substance Misuse problems

PRISM (Dyfed)

Harm reduction based advice and counselling, cognitive behaviour therapy and access to other support agencies.

Open Access: Mon-Thurs 9am-5pm; Fri 9am-4.30pm.

Phone: main office (01267 231634) for referral to local office.

Under 18's service (SUDDS): 01267 242021 (drug and alcohol advice).

Web: www.prism-online.info

Turning Point

A project supporting people recovering from alcohol misuse to help build up their life skills to get back into employment, training and to re-engage with their community

Telephone: 01554 746176

www.turning-point.co.uk

DAN (Drug and Alcohol national helpline); 0800 6335588

Sexual Health Services

Elizabeth Williams Clinic Llanelli, 01554 784701

Brynteg Surgery, Brynmawr Avenue, Ammanford ,

Phone: 01269 592498 during clinic times,

Phone 01554 784701 outside hours,

Information: 01267 227475.

Madog Suite:

West Wales General Hospital

Clinic: 01267 227 831

Information: 01267 227 475

Pond Street, Carmarthen 01267 227475

Family Planning and GUM Clinic

NHS Direct Wales

For information, advice and your nearest family planning clinic

Call 0845 4647 to speak to a registered nurse, www.nhsdirect.nhs.uk

Brooks Advisory Centre's

A free confidential telephone helpline and online enquiry service for young people under 25 years old. Also provides details of your nearest Brooks centre.

0800 0185023, www.brook.org.uk

Family Planning Association Cymru

Advice and practical help on sexual health, planning a pregnancy, contraception and abortion

0845 310 1334

Monday-Friday 9.00am – 6.00pm, www.fpa.org.uk

Sexwise

Free confidential helpline for under 18s worried about sex and contraception.

Can also provide details of your nearest clinic.

0800 28 29 30.

Sexual health direct , run by fpa, helpline 0845 122 8690 (Monday to Friday 9am–6pm)

Confidential information and advice on contraception and sexual health and details of family planning and sexual health clinics.

HIV and AIDS

Information and confidential advice is available from the following places:

National Aids Trust

020 7814 6767

info@nat.org.uk

www.nat.org.uk

Terrence Higgins Trust (THT) Cymru

0845 12 21 200

info@thtcymru.org.uk

www.tht.org.uk

Money Matters and Benefits

Benefit Enquiry Line0800 441 144

For callers with a text phone0800 24 33 55

For help with completing benefit claim forms

Carers Allowance Unit.....

Can answer any questions you may have about claiming and receiving Carers Allowance

Disability Living Allowance & Attendance Allowance

To request a form to claim AA or DLA0800 822 200

Pensions Service Enquiry Line.....0800 882 200

www.thepensionsservice.gov.uk

Social Security....*for local office see BT directory under **Jobcentre Plus***

Age Concern Cymru02920 371566
Age Concern Sir Gâr.....01554 784080

CATCH UP01554 776850
*Information centre providing advice for older and disabled
People on benefits issues*

**Inland Revenue (Tax)
Helpline**.....0845 3021471

Carers Wales02920 811370

Legal Matters

Public Guardianship Office0845 330 2900
If the person you care for cannot make their own decisions, or may not be able to in the future, they may be able to nominate someone to make decisions for them (by giving them Power of Attorney), or the Court of Protection can make decisions on their behalf. www.guardianship.gov.uk

The Patients Association02920 371566
For more information about Advance. Care Planning

Citizens Advice Bureaux

Ammanford01269 591091
Carmarthen01267 234488
Llanelli.....01554 759626

Disability Law Service02077 919800

Age Concern Cymru02920 371566

Mencap Cymru02920 747588

Help the Aged Cymru02920 346550

Counsel and Care Advice Line Lo-call rate 10-12.30 0845 3007585
Provides information for older people and carers

Counsel and Care Advice Line0845 3007585

Other:

Missing Persons Message Home Helpline

Freephone 0808 800 70 70 (24 hours a day)

Helping young people that have runaway to get messages home and find accommodation

www.missingpersons.org/runawayhelpline/

WRVS01267 290455
For information on Country Cars service