



Directory of Mental Health Services Carmarthenshire and National organisations

Carmarthenshire Mental Health Projects:

Carmarthen Mind

Open (office): Mon, Tues, Weds, Fri mornings.

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.hafal.org

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: Ty Aman, High St, Ammanford

Last reviewed Sept 2016

Next review June 2017

Phone: 01269 597002 / 01269 597829

Links is a mental health project based in Llanelli, Carmarthenshire. We offer flexible learning opportunities and promote positive emotional well being. ***Our aim is to support people with mental health problems and to build their confidence and self esteem.***

Telephone: 01554 757957

E-Mail: office@links.uk.net

www.links.uk.net

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

HUTS is an arts and crafts therapeutic workshop for people with experience of mental health problems and/or learning disabilities. Adpar, Newcastle Emlyn, SA38 9ED

Tel 01239 710377

email huts@hutsworkshop.org

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

Arts4Wellbeing

harnessing creativity

improving lives & community

Engage, Inspire, Motivate

Office 01559 363273

West Wales Action for Mental Health (WWAMH)

Telephone; 01267 245572

E mail: Carmarthenshire@wwamh.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.

Email: eiriol@eiriol.org.uk

Last reviewed Sept 2016

Next review June 2017

**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.

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: 01267 223365

Tel: 01267 223365

www.hafal.org

Diverse Cymru

Diverse Cymru 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

www.awetu.org.uk / www.diversesecymru.org.uk

Gofal

National Mental Health Charity

Telephone: 01656 647722

Email: enquiries@gofal.org.uk

www.gofal.org.uk

National Help and information lines:

C.A.L.L: Community Advice and Listening line 0800 132 737 or text Help to 81066 www.callhelpline.org.uk

Families Need Fathers

134 Curtain Road

London

EC2A 3AR

Phone: 020 7613 5060

9.30am - 4.30pm week days

Helpline: 0300 0300 363

6 pm - 10 pm week days

email: fnf@fnf.org.uk

Samaritans

Free and confidential support to help you explore your options, understand problems better, or just show you that someone is always prepared to care.

Tel. 08457 90 90 90 www.samaritans.org

NHS Direct Wales.....0845 4647

Telephone service provided by nurses giving confidential health care advice and information 24 hours a day www.nhsdirect.nhs.uk

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 www.childline.org.uk

Young Minds

020 7336 8445

www.youngminds.org.uk

Last reviewed Sept 2016

Next review June 2017

Support for Children and Young People

CARMARTHENSHIRE YOUNG CARERS SERVICE and Hidden Harm

Coleshill Centre
Coleshill Terrace
Llanelli
SA15 3BT

Our telephone number is **01554 742630**.

youngcarersservice@carmarthenshire.gov.uk

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 email support@cycaonline.org

YoungMinds

Phone number : 020 7336 8445

Parents Information Service 0800 018 2138 www.youthinmind.info

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: post@childcomwales.org.uk

Menter Cwm Gwendraeth, Bywyd Da Youth Health Advice Service

01269 871600 or 07969 881 439

email-yholiadau@mentercwmgwendraeth.org.uk

www.mentercwmgwendraeth.org

Statutory Services

Primary Care Mental Health Team

Tel 01554 779319

Carmarthenshire County Council.....0845 6580445

Tel: 01267 234567

Text: 07892 345678

Email: direct@carmarthenshire.gov.uk

For information on serviceswww.carmarthenshire.gov.uk

Last reviewed Sept 2016

Next review June 2017

Area Mental Health Teams

Carmarthen.....01267 236017
Ammanford team.....01269 595473
Llanelli team 01554 772768
Llangadog team.....01550 777771

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) Telephone: 01267 245160

Fax: 01267 245140

E-mail: cssiw.southwest@wales.gsi.gov.uk For a list of Social Services registered private and voluntary agencies

Hywel Dda Health Board..... (01437) 771220

www.hywelddalhb.wales.nhs.uk

Main Hospital Sites:

Bronglais Hospital - Caradog Road, Aberystwyth, Ceredigion, SY23 1ER

Tel: 01970 623131

Prince Philip Hospital - Bryngwyn Mawr, Dafen, Llanelli, Carmarthenshire, SA14 8QF

Tel: 01554 756567

Glangwili Hospital - Dolgwilli Road, Carmarthen, Carmarthenshire, SA31 2AF.

Tel: 01267 235151

Withybush Hospital - Fishguard Road, Haverfordwest, Pembrokeshire, SA61 2PZ

Tel: 01437 764545

Health Service Commissioner 02920 394621

Hywel Dda Community Health Council

Carmarthen.....01267 231384

The Freedom of Information Officer

Hywel Dda Health Board Headquarters

Merlin's Court

Winch Lane

Haverfordwest

SA61 1SB

Tel: 01437 771 220 Email: FOI.HywelDda@wales.nhs.uk

Veterans Health and Well Being Service 01570 422577
www.veteranswales.co.uk

Pembrokeshire Mental Health Services

Bro Cerwyn / St Brynach Day Hospitals / Child Adolescent and Family Unit

Address: Fishguard Road,
Haverfordwest, Pembrokeshire, SA61
2PZ

Telephone: 01437 773157 or 01437 773774

Fax: 01437 773057

Haven Way Day Hospital

Address: South Pembrokeshire Hospital Health
and Social Care Resource Centre, Fort
Road, Pembroke
Dock, Pembrokeshire, SA72 6SY

Telephone: 01437 774042

Carmarthenshire Mental Health Services Locations

Canolfan Gwenog (includes Canolfan Gwenog EMI)

Address: Glangwili Hospital, Glangwili,
Carmarthen, Carmarthenshire, SA31
2AF

Telephone: 01267 235151

Fax: 01267 222951

Llys Myddfai (includes Ty Glyndwr - EEG)

Address: Glangwili Hospital, Glangwili,
Carmarthen, Carmarthenshire, SA31
2AF

Telephone: 01267 235151

Brynmair Clinic Day Hospital

Address: 11 Goring Road,
Llanelli, Carmarthenshire, SA15 3HH

Telephone: 01554 772768

Swn-y-Gwynt Day Hospital

Address: Tir-y-Dail Lane,
Ammanford, Carmarthenshire, SA18
3AS

Telephone: 01269 595473

Fax: 01269 597518

Llanelli CTLD

Address: 12 Bay View, Capel Road,
Llanelli, Carmarthenshire, SA14 8SN

Telephone: 01554 775916

Fax: 01554 759629

Adult Services

Address: Bryngofal Ward,
Caebryn, Prince Philip Hospital,
Bryngwynmawr, Llanelli, SA14 8QF

Telephone: 01554 745752

Fax: 01554 745759

Address: Bryngolau Ward,
Caebryn, Prince Philip Hospital,
Bryngwynmawr, Llanelli, SA14 8QF

Telephone: 01554 779300 or 01554 779301

Fax: 01554 778312

Tir-y-Garreg

Address: Mynydd-y-Garreg,
Kidwelly, Carmarthenshire, SA17 4RA

Telephone: 01554 891584

Fax: 01554 891584

Towy Valley CMHT

Address: The Old Creamery, Station Road,
Llangadog, Carmarthenshire, SA19 9LY

Telephone: 01550 777771

Fax: 01550 777690

Ceredigion Mental Health Services Locations

Afallon / Enlli Wards

Address: Bronglais Hospital, Caradoc Road,
Aberystwyth, Ceredigion, SY23 1ER

Telephone: 01970 623131

Gorwelion Day Hospital

Address: Llanbadarn Road,
Aberystwyth, Ceredigion, SY23 1HB

Telephone: 01970 615448

Hafan Hedd Resource Centre

Address: Adpar, Newcastle Emlyn, Ceredigion, SA38
9NS

Telephone: 01239 711957

Llys Steffan

Address: Temple Terrace,
Lampeter, Ceredigion, SA48 7BJ

Telephone: 01570 422577

Ceredigion CTLD

Address: Min Aeron, Rhiw
Goch, Aberaeron, SA46 0DY

Telephone: 01545 572735 or 01545 572736 or
01545 572737/7

Information on Bereavement:

The Compassionate Friends

Helpline: 08451 23 23 04 (every day 10am-4pm, 7pm-10pm)

E-mail: info@tcf.org.uk

Website: www.tcf.org.uk

The Child Bereavement Trust (CBT)

Tel: 01494 568900 email: support@childbereavement.org.uk

Website: www.childbereavement.org.uk

Cruse Bereavement Care

National Helpline: 0808 808 1677

Carmarthenshire Branch: 01267 267009

Website: www.crusebereavementcare.org.uk

Bereavement Officer

West Wales General Hospital.....01267 235151

..... ext. 2639

Carers

Carmarthenshire Carers Project.....0300 0200 002

Email carers@cavs.org.uk

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 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.

www.carersuk.org

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 772385

A voluntary organisation with trained counsellors, offering individual counselling for adults over 18 through self referrals or through your GP
carmarthenshirecounselling@gmail.co.uk

Churches Counselling Service in Wales01437 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

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

Alzheimer's Society

7b Hall Street

Ammanford

Carmarthenshire

SA18 3BW

01269 597411 & 597382

Email: carmarthenshire@alzheimers.org.uk

'Voice and Choice' Advocacy service
01639 633480

www.alzheimers.org.uk

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 information **08457 90 90 90**

Information & Advice on Eating Disorders

BEAT

National Eating Disorders charity offering information and support.
0845 634 1414 (Adult) email-help@b-eat.co.uk
0845 634 7650 (Youth) email-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 Young single homeless people aged 16-25. Priority given to applicants with a local connection to Carmarthenshire
01554 749336
nightstop@gwalia.com

Gwalia Care & Support, Suite 7, 1st Floor West, Ty Myrddin, Old Station Rd, Carmarthen
Tel/ffôn 01267 226907

We do not accept self referrals, and referrals have to be received from CPN's, social workers and other outside agencies. Referral forms are available on the number above.

To support and care for people, where they live and in their community, to enable them to enhance their wellbeing, feel safe and respected and to be more independent, empowered and included

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 Helpline0808 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

Last reviewed Sept 2016
Next review June 2017

Dedicated to helping people with learning disabilities and their families
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 branch.

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: support@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.

Last reviewed Sept 2016

Next review June 2017

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 679149

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.....mail@wcdeaf.org

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 Helpdesk.....08450 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: 08452 967877 (Mon-Fri, 10am-10pm)

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)

Website: www.cylex-uk.co.uk/company/help-overcome-panic-effects--h-o-p-e--ltd-14402953.html Contact through site

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

<http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

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

<http://www.anxietyuk.org.uk/> then site search for agoraphobia

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

<http://www.rcpsych.ac.uk/expertadvice/problems/anxietyphobias/anxietyphobiaskeyfacts.aspx>

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

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
admin e-mail: info@nshn.co.uk
Support e-mail: support@nshn.co.uk
Support Helpline: 0800 622 (7pm-11pm Thursday-Saturday, 6.10pm-10.30pm
Sunday)

Support & Advice for victims of Crime

Victim Support

Tel 0845 612 1900 one line which will connect you to your nearest centre
www.victimsupport.org.uk

Substance Misuse problems

Carmarthenshire Drugs Service is a partnership between Hywel Dda Health Board, Carmarthenshire County Council & Turning Point Cymru. The service is for:

- People misusing drugs
- People aged 18 and over
- Friends and family who may be affected by someone else's drug use
- Individuals wanting more information on drugs and their effects.

If you need any help or advice relating to Drugs you can contact Turning Point's Catalyst service on 01554 744377 or E-mail: catalyst@turning-point.co.uk.

If you prefer call into the office between 9.00 and 5 (4.30 on a Friday)

Catalyst

1-3 Vaughan Street

Llanelli

Carmarthenshire

SA15 3TY

Chooselife

Chooselife provides support, advice, and information in a friendly, non judgemental environment to both substance misusers and their families. By using a holistic approach when working with individuals and families, Chooselife cares for the whole person, their mind, body and spirit.

..... **01544 779130**

Helping Groups to Grow Contact

Helping Groups to Grow provides psycho-social based treatment programmes for children, young people and adults with substance misuse and mild to moderate mental health problems. The organisation aim to help support people to stop using or to remain abstinent and live a more healthy and balanced lifestyle.

Tel: 01267 236862

Fax: 01267 237317

For information regarding the Helping Groups to Grow Counselling Service contact Val Taylor on ValTaylor@helpinggroupstogrow.org.uk

For general enquiries contact admin@helpinggroupstogrow.org.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

Last reviewed Sept 2016

Next review June 2017

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) www.fpa.org.uk

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 822 200

For callers with a text phone0800 24 33 55

For help with completing benefit claim forms

Carers Allowance Unit0800 822 200

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 Line0800 882 200

www.thepensionsservice.gov.uk

Last reviewed Sept 2016

Next review June 2017

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 Association0845 608 4455
Email helpline@patients-association.com
For more information about Advance. Care Planning

Citizens Advice Bureaux
Ammanford01269 591091
Carmarthen.....01267 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

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/

WRVS0845 600 5885

For information on Country Cars service for Ceredigion and Pembrokeshire