



Ceredigion Mental Health Directory 2021

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

WWAMH
18 Queen Street
Carmarthen
Carmarthenshire
SA31 1JT

01267 245572
director@wwamh.org.uk



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Organisation	Address	Telephone/Email/Website	Service Provided
Aberystwyth Social Clubs (Managed by Hafal)	9 Portland Road Aberystwyth SY23 2NL	Tel: 01970624756 Email: ceredigion@hafal.org Website: www.hafal.org	<ul style="list-style-type: none"> • Housing Support • Breaks for Carers • Introductions for befriending • Clubs • General Support • Information • Advice • Groups • Befriending • A voice in planning
Activate Your Life Training		Mob: 07825 997248 Email: ACT.hdd@wales.nhs.uk	<p>ACTivate your Life is a psychology course that will help you to understand yourself better, and to understand your Mind. The course is based on a relatively new approach to therapy – Acceptance and Commitment (ACT).</p> <p>ACT helps people to overcome their suffering using ‘mindfulness’ and by helping you to understand how-to-live in accordance with your own important values. The course is all about having a better life.</p>



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Active 10 (NHS APP)		Website: https://www.nhs.uk/oneyou/active10/home	NHS app which helps you quickly and simply do more brisk walking in bursts of 10 minutes, to increase your health and to help lower your risk of serious illness.
Adlerian Society of Wales	56, St James Street Narberth SA67 7DA	Tel: 01834 860330 Email: office@adleriansocietywales.org.uk Website: www.adleriansocietywales.org.uk	<p>The Society is not only a counselling and training centre, but also a Charity.</p> <p>The Charity itself is funded through donations, room hire, membership etc. The income we generate through these activities helps fund low cost counselling, Community Wellbeing Hubs and our Welcome Visitor Project, working with the elderly, offering social interaction and support in Car Homes and in their own homes.</p> <p>Funding received in February 2020 for counselling sessions for children and young people aged 14-21</p>



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<p>Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC)</p>		<p>Website: www.advocacywestwales.org.uk</p>	<p>Advocacy West Wales are now also offering FREE & INDEPENDENT All Ages Mental Health Advocacy as well as Mental Health Advocacy for Children & Young Persons in Ceredigion Tel: 01970 229116 (Ceredigion). Email: imha@advocacywestwales.org.uk</p> <p>Community Mental Health Advocacy for Adults in Carmarthenshire and Pembrokeshire: Advocacy West Wales provide an independent advocacy service and they can help you access mental health support services in Pembrokeshire and Carmarthenshire. Speak to an independent mental health advocate. Availability: Monday-Friday 09:00 - 17:00 (Not Bank Holidays). Tel: 01267 231122 (Carmarthenshire) or 01437 762935 (Pembrokeshire)</p> <p>Continued/...</p>



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<p>Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC) / Continued/...</p>		<p>Website: www.advocacywestwales.org.uk</p>	<p>Continued/...</p> <p>Independent Mental Health Advocacy for People of All Ages in Carmarthenshire, Ceredigion and Pembrokeshire: Advocacy for people who are informal or detained, being treated or assessed in hospital for their mental health (including dementia). Also, people on section of the Mental Health Act and living in the community. Availability: Monday - Friday 09:00-17:00 (Not Bank Holidays) Tel: 01267 223197 or FAX a referral to 01437 839174 or Email: imha@advocacywestwales.org.uk.</p> <p>Carers Advocacy: For Carers of people with mental ill conditions. Help to understand your rights as a Carer, to access carer's assessments and to be involved in care and treatment planning for the person you support. Availability: Monday - Friday 09:00-17:00 (Not Bank Holidays). Tel: 01267 235427 (Carmarthenshire).</p> <p>CIPA - Ceredigion Independent Professional Advocacy: Advocacy for people who have needs for social care and support, or their Carers, including assessment, care planning and review, safeguarding and complaints. Tel: FREEPHONE 0800 20161387. Email: info@cipawales.org.uk. Website: http://www.cipawales.org.uk.</p>



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



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



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



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Age Cymru Dyfed – Digital Champions		Tel: 01554 784080 Email: p.mcilroy@agecymru@agecymrudyfed.org.uk	Age Cymru Dyfed have got dedicated Digital Champions on hand to support people 50+ to make the most of technology. Through free sessions delivered safely over the phone, we can guide you through the tasks that you want to achieve. Whether that be video calling family and friends, making an online shop, or pursuing hobbies and interests, we are here to help. Simply give Age Cymru Dyfed a ring or email.
Age Cymru Dyfed – 50+ Living at Home Supporting Independence / 50+ Byw Adref Cefnogi Annibyniaeth		Tel: 01239 615556 Email: bywadref@agecymrudyfed.org.uk Website: www.ageuk.org.uk/cymru/dyfed/	Support for people with Dementia, Parkinson and other illnesses that have cognitive degeneration or memory loss across Ceredigion. Household chores, assistance with laundry, ironing, shopping, someone to chat to. Offering free benefit checks. Staff are DBS (police) checked. Staff are insured to working in your home. A friendly face, a service tailored to your individual needs and peace of mind. North Ceredigion: Chris Harris South Ceredigion: Carys Edwards Phone 01239 615556 for information or referral form.



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Alzheimer's Society		Tel: 01269 597690 Email: ceredigion@alzheimers.org.uk Website: www.alzheimers.org.uk	
Arts Care Gofal Celf	Ground Floor 24 King Street Carmarthen SA31 1BS	Tel: 01267 243815 Email: info@acgc.co.uk Website: www.acgc.co.uk	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. Exercise and Yoga Classes available online on Facebook and Youtube 24/7. https://www.facebook.com/acgcprojects https://www.youtube.com/channel/UCBP35gb7CYzqeuf84404fzw
Prosiect Amethyst Project	Small World Theatre Cardigan SA43 1JY	Tel: 01239 615 952 Email: deri@smallworld.org.uk (Aberteifi) Website: www.smallworld.org.uk/amethyst	Workshops for young people who have experienced issues around self-harm, anxiety, depression, low confidence and low self-esteem. Workshops also available for parents or guardians of young people that are struggling with the above issues



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Area 43	1 Pont y Cleifion Cardigan Ceredigion SA43 1DW	Tel: 0800 0385778 / 01239 614566 Website: https://www.area43.co.uk/	School counsellors. Offer counselling remotely, via Zoom, an online platform using text, audio or video link or over the phone. For school age children/young people in Ceredigion, Carmarthenshire and Pembrokeshire. Availability: Monday – Friday 09:30 – 17:00. To access counselling support, please complete the self-referral link and a counsellor will contact you. https://www.area43.co.uk/referrals/
Arts for Wellbeing		Tel: 01559 363273	Engage, Inspire, Motivate. Harnessing creativity, Improving lives and community.
Autism Initiative	6 Great Darkgate Street Aberystwyth Ceredigion SY23 1DE	Tel: 01970 626264 Mob: 07850 601283 Email: Elaine.baileyjohn@autisminitiatives.org Website: www.autisminitiatives.org	



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Autism Wellbeing CIC		Tel: 07393 664048 (Rorie Fulton) Email: rorie@autismwellbeing.org.uk	<p>Autism Wellbeing is a West Wales based non-profit community organisation that provides support to autistic people and their families. There are 2 Facebook peer support groups that are moderated by Autism Wellbeing. People are welcome to join either or both. Covid-19 peer support group for autistic people. Covid-19 peer support group for parents and carers of autistic people.</p> <p>Our services include a telephone helpline for autistic people, parents and professionals, sensory equipment loan, autism diagnostic assessment (NICE compatible), Visual Stress (Irlen Syndrome) Screening, one-to-one and group specialist psychological support and Responsive Communication home visits. Specialist psychological support and Responsive Communication support can also be provided online.</p>



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



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BEAT Eating Disorders		Tel: 0808 801 0677 Website: www.beateatingdisorders.org.uk	<p>The Sanctuary is an online chat group created specifically in response to coronavirus and the anxieties this could lead to for people with an eating disorder. It is a safe, online space for people with an eating disorder to share concerns and advice on how they are coping with the pandemic. <i>Eating disorders thrive in isolation</i>, so it is important to stay connected and support each other through this. Unlike our other online groups, The Sanctuary is available daily 6:00pm to 8:00pm. If you have any questions or concerns about the group, please email onlineservices@beateatingdisorders.org.uk</p> <p>We have a new peer-supported video group for anyone in Wales supporting a loved one with recovery from an eating disorder starting on Monday 28th September called Solace. Facilitated by experienced eating disorder clinicians, the groups provide a safe peer support space for carers to find support and empathy from people who truly understand. Space on the group can be booked here: https://www.beateatingdisorders.org.uk/support-services/someone-else/solace</p> <p>Continued/...</p>



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<p>BEAT Eating Disorders Continued/...</p>			<p>Raising Resilience is Beat’s new workshop for parents, siblings, partners, and others supporting their loved one’s recovery. Taking place via video, carers will learn new skills from an experienced eating disorder clinician to help their loved one towards recovery. https://www.beateatingdisorders.org.uk/support-services/someone-else/parents-carers/raising-resilience</p> <p>Nexus is Beat’s new telephone advice and coaching service for anyone supporting someone with recovery from an eating disorder. Through a series of weekly calls, it’s designed to provide carers with a place to talk through what they are going through and empower them to help their loved one towards positive change. https://www.beateatingdisorders.org.uk/support-services/someone-else/telephone/nexus</p> <p>Bolster is Beat’s new telephone coaching service for people who have an eating disorder. It’s designed to build confidence through recovery via a series of weekly phone calls with one of our advisors. https://www.beateatingdisorders.org.uk/support-services/myself/telephone/bolster</p> <p>Continued/...</p>



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BEAT Eating Disorders Continued/...			Continued/... Our Helpline , which covers phone calls, one-to-one webchat, email and online peer support groups is now open from 9am – 8pm on weekdays and 4pm–8pm on weekends and bank holidays! Tel: 0808 801 0677 https://www.beateatingdisorders.org.uk/support-services
Bereaved by Suicide (Cardigan Support Group)		Contact Sian on Mob: 07514 139910 Email: bereavedbysuicide@hotmail.com	Support group for over 18s Meets every third Wednesday of the month from 7pm – 9pm
Bipolar UK		Tel: 0333 323 3880 Email: info@bipolaruk.org Website: www.bipolaruk.org.uk	Bipolar UK is the national charity dedicated to supporting people affected by bipolar. Supporting people with bipolar to stay well. This includes those with bipolar, those pre-diagnosis, and supporting their family and friends. Services available: One to one telephone and email peer support. E community with over 2,500 registered users. Peer support groups across Wales and also employment support to employers and employees.



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Organisation	Address	Telephone/Email/Website	Service Provided
Borth Family Centre	SY24 5LW	Mob: 0789 6616 857 Email: helen@borthfamilycentre.co.uk	Group with activities for cares of people with memory loss and their cared for. The group meets on a Monday from 10am – 12pm
Breathe APP		Website: https://www.stopbreathethink.com/	Recommended by the NHS. Stop Breathe Think, Meditation & mindfulness app to help you feel strong, connected and inspired through life's ups and downs.
Breath Works APP		Website: https://www.breathworks-mindfulness.org.uk/	App recommended by NHS. Guided meditations for mindfulness, helps to live well with pain, illness and stress.
CAMFAN	4 & 4a Drovers Rd Lampeter Ceredigion SA48 7AT	Tel: 01570 421190 Email: louise.jenkins@gwalia.com Website: www.poblgroup.co.uk	Provides a 4-day drop-in and support service for clients with or recovering from mental distress. Opening hours: 9.30am to 3.30pm (Monday, Tuesday, Thursday, Friday)



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Care First		Telephone: 0332 129 212 Email: EAPqueries@socialcare.wales	<p>Care First are providing an Employee Assistance Programme to all those in the social care workforce in the private and voluntary sector.</p> <p>Care First can help with a wide range of work, family, and personal issues. From work-life balance to childcare information, relationships to workplace issues, health and wellbeing, the EAP can support people to deal with the issues that affect us all at some point in our lives.</p>
Carers Unit	Carers Unit Canolfan Rheidol Rhodfa Padarn Llanbadarn Fawr Aberystwyth Ceredigion SY23 3UE	Tel: 01970 633564 Email: carersunit@ceredigion.gov.uk Website: https://www.ceredigion.gov.uk/resident/social-care-wellbeing/support-for-carers/carers-information-service/	Carers Information Service.



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Catch It (NHS APP)		Website: https://www.nhs.uk/apps-library/catch-it/	Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary. The FREE app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).
CIPA - Ceredigion Independent Professional Advocacy		Telephone: 0800 2061387 Website: cipawales.org.uk	<p>Ceredigion Independent Professional Advocacy (CIPA) – a collaboration between Advocacy West Wales / Eiriolaeth Gorllewin Cymru and Pembrokeshire People First (PPF)</p> <p>Advocacy for people who have needs for social care and support, or their Carers, including assessment, care planning and review, safeguarding and complaints. A service providing independent professional advocacy in Welsh and English, as well as workshops on self-advocacy and Carers' rights.</p> <p>Monday - Friday 09:00 - 17:00 (Not available Bank Holidays)</p> <p>Office base: 27 Pier Street, Aberystwyth, Ceredigion SY23 2LN.</p>



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Ceredigion Association of Voluntary Organisations (CAVO)		Tel: 01570 423232 Email: gen@cavo.org.uk	Community Transport (CT) meets the transport needs of the communities in Ceredigion where these needs are not or cannot be adequately met by public and/or commercial transport.
Ceredigion Country Cars		Tel: 01269 843819 Mobile: 07768 034827 Website: www.ceredigion.gov.uk	A voluntary transport scheme coordinated by the Royal Voluntary Service (RVS) and funded by Ceredigion County Council. It provides transport for residents of Ceredigion, regardless of age, who do not have transport available for essential journeys. The charge is based on mileage. County Cars does not replace other public transport services and must link with those services wherever possible. Please give as much notice as possible before the day when transport is required. Opening hours: 9am to 5pm Monday to Friday (not bank holidays or weekends).
Ceredigion Mental Health Forum		Tel: 0743 5963 647 Email: Ceredigion@wwamh.org.uk	
Ceredigion Young Carers and Young Adult Carers Service		Tel: 01437 761330 Website: www.afcwestwales.org.uk	One-to-one support for children and young people, aged 8 to 25, who have a caring role or responsibility.



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Organisation	Address	Telephone/Email/Website	Service Provided
Citizens Advice Bureau - Aberystwyth	1 King Street Aberystwyth SY23 2AY		Please contact the Cardigan office for Aberystwyth enquiries No drop-in service available in Aberystwyth
Citizens Advice Bureau - Cardigan	Napier Street Cardigan Ceredigion SA43 1ED	Tel: 0344 4772020 advice line Tel: 01239 621974 (admin) Email: enquiries@cabceredigion.org Website: www.citizensadvice.org.uk/wales	Free advice: debt, welfare, benefits, housing, employment, family issues, better fuel deals, and consumer affairs. Drop-in: Monday and Thursday, 10.00-15.00 Pre-arranged appointments: Monday to Friday The Cardigan office is currently dealing with enquiries for Aberystwyth.
Community Advice and Listening Line (CALL)		Tel: 0800 132737 Text: help to 81066 Website: www.callhelpline.org.uk	A mental health line for Wales, supporting <ul style="list-style-type: none"> • those suffering from mental distress, their relatives and their friends • parents whose child has attempted suicide or have lost a child through suicide • vulnerable adults who are suffering abuse.
Compassionate Communities		Tel: 01559 363273 (Arts 4 Wellbeing) Email: info@arts4wellbeing.co.uk	A range of creative activities in a relaxed social atmosphere in village halls in Gorsgoch, Penrhiwllan, Coedybryn, Lechryd, Llanarth and Aberporth. For days and times please contact Arts 4 Wellbeing.



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Connect Cysylltu		<p>www.connectceredigion.org.uk / www.cysylltuceredigion.cymru</p> <p>www.connectpembrokeshire.org.uk / www.cysylltusirbefro.cymru</p> <p>www.connectcarmarthenshire.org.uk / www.cysylltusirgar.cymru</p>	<p>The Connect project is pleased to launch three bilingual, digital platforms across West Wales. Funded by the Welsh Government's Transformation Fund, and commissioned by West Wales Care Partnership, these platforms are intended as a digital way for all West Wales residents to find and help each other out by sharing their time on an equal basis.</p> <p>The platforms feature a Teams space where community members can collaborate and work on ideas that will improve their area. There will also be a space for community groups and services to showcase online and offline events and activities. Our platforms are proud to work with the recently launched Connect to Kindness campaign.</p> <p>There is a huge range of helpful videos on the platforms to help you find your way around and more will be released through our Facebook page in the coming weeks.</p>
Couch to 5K (NHS APP)		<p>Website: https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/</p>	<p>NHS App helping you build up with a mix of running and walking from couch potato to 5K in just 9 weeks.</p>



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Creative Letters of Kindness		Email: info@peoplespeakup.co.uk Website: http://www.peoplespeakup.co.uk/	We are inviting letters of kindness to older people that are living alone or in residential care homes. If you would like to create a letter, please get in touch and we will make the match!
Credu - Gofalwyr Ceredigion Carers		Tel: 03330 143377 Email: ceredigion@credu.cymru Website: https://credu.cymru/gofalwyr-ceredigion-carers/	Supporting Carers and families in Ceredigion
Cruse Bereavement Care	PO Box 34 Haverfordwest Pembrokeshire SA61 1YS	Tel: 0800 288 4700 Email: westwales@cruse.org.uk Website: www.cruse.org.uk	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.



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Cyfarfod (Managed by Hafal)	9 Portland Rd Aberystwyth Ceredigion SA23 2NL	Tel: 01970 624756 Email: Ceredigion@hafal.org Website: www.hafal.org	<p>Befriending Scheme: available to those suffering from serious mental illness; provides respite for their carers</p> <p>High Needs Housing Service: community-based support; 8am to 6pm</p> <p>Aberystwyth Social Clubs: promote healthy lifestyles and support social interaction, providing recreation within the community; Wednesday, Saturday and Sunday.</p>
Cyfle Cymru		Tel: 01267 231634 Email: ask@cyflecymru.com Website: http://dacw.co.uk/about-cyfle-cymru	<p>Peer mentoring service which provides help to people to develop confidence, and provide support to access training, qualifications and work experience. We help people affected by substance misuse and / or mental health conditions to gain the skills necessary to enter the world of work.</p> <p>People who are eligible are: 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>



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Cymdeithas Gofal The Care Society	Head Office 21 Terrace Road Aberystwyth SY23 1NP	Tel: 01970 639111 Email: info@caresociety.org.uk	<ul style="list-style-type: none"> • Bond • Night Shelter • Emergency accommodation • Tenancy support • Shopmobility
Days Off (NHS APP)		Website: https://www.nhs.uk/oneyou/for-your-body/drink-less/	NHS app to track the days you drink alcohol and the days you don't.
Daylio Diary Mood Tracker (NHS APP)		Website: https://daylio.webflow.io/	Daylio is a FREE app which enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.



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Dolen Teifi Community Transport		Tel: 0845 6861973 Mobile: 07771 814401 Website: www.dolenteifi.org.uk	Created by volunteers from the enterprise group Llandysul and Pont-Tyweli Ymlaen Cyf, aiming to provide sustainable transport to the people who live in Llandysul and the surrounding area. They have a combination of mini buses and wheelchair-accessible vehicles, and have now extended their services to other community groups along the Teifi Valley from Newcastle Emlyn to Llanbydder, Carmarthen to Llanelli. Opening hours: 9am to 5pm Monday to Sunday (including bank holidays).
The DPJ Foundation	Ground Floor Rear Office 5 Dark Street Haverfordwest SA61 2DS	Confidential helpline: 0800 587 4262 Text: 07860 048799 Email: contact@thedpjfoundation.com Website: www.thedpjfoundation.com	We support people in rural communities with poor mental health, especially men in the agricultural sector. Text: 07860 048799 or Phone: 0800 587 4262 (Confidential)
Easy Meals (NHS APP)		Website: https://www.nhs.uk/oneyou/for-your-body/eat-better/	NHS App offering ways to eat foods that are healthier.



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Eiriol Mental Health Advocacy		Tel: 01267 231122 Email: admin@advocacywestwales.org.uk Website: www.advocacywestwales.org.uk	Eiriol Mental Health Advocacy has merged with Advocacy West Wales – Eiriolaeth Gorllewin Cymru. Please see information in the Advocacy West Wales / AWW-EGC entry for details of all services. Advocacy for over-18s with mental health problems and carers. Provides help by listening, gathering information that you may need to progress and advises on rights under the Mental Health Act



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Organisation	Address	Telephone/Email/Website	Service Provided
Gambling Support Service	Citizens Advice Bureau Denbighshire 23 High St, Denbigh, LL16 3HY	Tel: 01745 818082 (Shannan Jones) Denbigh office: 01745 814336 (general enquiries) Email: shannan.jones@dcab.co.uk	Citizens Advice have been commissioned by GambleAware to deliver the Gambling Support Service (GSS). Offering free training to frontline staff to spot the signs of gambling-related harm and help people get the support they need. Free specialist debt, welfare and benefits advice. Drop in: Monday - Thursday 9:30 - 14:30
Give Us A Shout		Text: 85258 Website: https://www.giveusashout.org/	Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. We take people from crisis to calm every single day.



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Organisation	Address	Telephone/Email/Website	Service Provided
Hafal Ceredigion	9 Portland Road Aberystwyth SY23 2NL	Tel: 01970 624756 Email: ceredigion@hafal.org Website: www.hafal.org	<p>Hafal's services in Ceredigion for clients and families include:</p> <p>Housing Support, Breaks for Carers, Introductions for befriending, Clubs, General Support, Information, Advice, Groups, Befriending, A voice in planning.</p> <p>Hafal Ceredigion helps people with serious mental illness and their families to work towards recovery. All our services are underpinned by Hafal's Recovery Programme which empowers clients and families to take control of their lives and achieve recovery.</p>
Hafal Crossroads	9 Portland Road Aberystwyth SY23 2NL	Tel: 01970 627 966 Email: crossroads@hafal.org Website: www.hafal.org/crossroads	<p>A member-led charity working to improve the lives of unpaid carers by giving them time to have a break away from their caring responsibilities.</p> <p>Our core service is the provision of replacement care in the home, delivered by trained carer support workers to give unpaid carers a break.</p> <p>Emergency Card Service for Carers – Telephone: 01437 611002.</p>



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Hafal Noddfa	British Legion Hall Victoria Street Aberaeron SA46 0JA	Tel: 01545 571537	A free mental health support group providing opportunities to visit local places of interest and to take part in activities such as arts and crafts, Tai Chi, singing. Opening hours: 9.30am to 2.30pm (Tuesday and Thursday)
Happier APP		Website: https://www.happier.com/	Happier is a FREE app which helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach -- use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day.



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Headway in South West Wales		Telephone: 01269 833853 (Carms) Telephone: 01446 740130 (Cered) Telephone: 07958 105596 (Pembs) Email: headwaycarmarthen@hotmail.co.uk dolbach@talktalk.net headwaypembrokeshire@hotmail.co.uk Website: www.headwaysouthwestwales.org.uk/branches/headway-carmarthenshire www.headwaysouthwestwales.org.uk/branches/headway-ceredigion www.headwaysouthwestwales.org.uk/branches/headway-pembrokeshire	Brain injury can make us feel lonely and out of it at times. That is why Headway in South West Wales is here for you and your family. Everybody needs to meet friendly faces – people that ‘get’ you because they’ve had similar experiences and appreciate where you’re coming from. We all need to chat and do fun things together and that is what your local Headway branches are there for.



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Help for Heroes	Unit D11 3&4 Old Bank Buildings Off Main Avenue Treforest Industrial Estate CF37 5UR	Tel: 01443 808910 Email: wales.supporthub@helpforheroes.org.uk Website: www.helpforheroes.org.uk	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.
HUTS	HUTS Workshop Adpar Newcastle Emlyn SA38 9ED	Tel: 01239 710377 Call & Chat 18+: 01239 562036 Email: huts@hutsworkshop.org Website: www.huts@hutsworkshop.org	<p>HUTS is a mental health and learning disability charity. Providing arts and crafts therapeutic workshops for people with experience of mental health problems.</p> <p>Lots of people in Ceredigion, Carmarthenshire and Pembrokeshire have been benefitting from weekly phone calls from Huts Workshop over the past few months. We are happy to say, that from JANUARY 4th 2021 we are extending this service. We have a new number and will be operating in the evenings and at weekends. If you live in West Wales and feel having a friendly chat will help you feel less isolated, please contact us. Or, if you know someone who you think would benefit from a weekly catch up with a friendly voice, please pass our number on to them.</p> <p>Continued/...</p>



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



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IAWN		Website: www.iawn.wales.nhs.uk/hafan	<p>Online resources and information on mental health to enable people to self-help and know where to access further support should they need it.</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>
Kinora	St Marys Old School Hall Cardigan SA43 1DW	Tel: 01239 612056	<p>A free mental health recovery drop-in centre offering advice and support to all. Activities include gardening, cooking, bush craft, walking groups, art sessions.</p> <p>Opening hours: 10am to 3pm (Monday, Tuesday, Thursday, Friday) and 5pm to 9pm (Wednesday).</p>
Meic		Tel: 08088 023456 Website: https://www.meiccymru.org	<p>Helpline for young people (up to the age of 25) in Wales. From helping you to find out what is going on in your local area to helping you to deal with a tricky situation, Meic will listen even when no-one else will.</p>



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



Ceredigion Mental Health Directory

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



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



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Organisation	Address	Telephone/Email/Website	Service Provided
MIND Aberystwyth	MIND Aberystwyth The Cambria Marine Terrace Aberystwyth SY23 2AZ	Tel: 01970 626225 Email: info@mindaberystwyth.org Website: www.mindaberystwyth.org	<p>Type of support: Mental health - tenancy 1:1, wellbeing activities, advice and signposting.</p> <p>Floating support (tenancy) provision with a MH focus, previously delivered 1:1 in service user's homes.</p> <p>Support now being delivered on an allocated case basis through phone, email, text, WhatsApp and other social media formats. Bespoke 1:1 complex needs outreach support to maintain good MH and wellbeing and community independence. Currently being delivered through a mixed media approach. Group activities to maintain/improve MH wellbeing and reduce social isolation.</p> <p>Regular welfare contact for individuals that used to attend groups but are unable to do so due to social distancing restrictions.</p> <p>A safe and relaxing place for adults experiencing or recovering from any level of mental illness. The MIND centre provides a range of activities including Art, Craft, Music, Complementary Therapies, Food and Mood and Woodland Ecotherapy. Carers, friends, family and supporters are all welcome. Support and advice are available.</p>



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MIND Aberystwyth – Side by Side Cymru		http://mindaberystwyth.org/side-by-side-cymru/ rob@mindaberystwyth.org 01970 626225 07958788172	<p>Peer Support in the Community (Ceredigion, Pembrokeshire and Carmarthenshire)</p> <p>One to one peer support advice and guidance including how to video conference, how to support individuals during coronavirus and practical tips on how to run a virtual group.</p> <p>Available until end of March 2021.</p>
MIND Aberystwyth Tenancy Support for Mental Health	MIND Aberystwyth The Cambria Marine Terrace Aberystwyth SY23 2AZ	Tel: 01970 626225 Email: info@mindaberystwyth.org Website: www.mindaberystwyth.org	<p>For 18+ who require support with their housing/tenancy e.g. access to appropriate housing, facing homelessness and who face housing issues which are impacting their mental health.</p> <p>Enquiries or Referral From – please call or email.</p>
Mindshift APP		Website: https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/	<p>MindShift is an app designed to help teens and young adults cope with anxiety.</p> <p>MindShift is the work of a joint collaboration between AnxietyBC (http://www.anxietybc.com) and BC Mental Health & Addiction Services (http://www.bcmhas.ca). to help teens and young adults cope with anxiety – teaches relaxation skills, develops new thinking.</p>



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Mood Tools APP		Website: https://www.moodtools.org/	MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery. The app contains several different research-supported tools.
Mums in Mind FB Groups		<p>Llanelli Mind: https://www.facebook.com/groups/520857628583591/?ref=share.</p> <p>Mind Aberystwyth: https://m.facebook.com/profile.php?id=3754004937974581&ref=content_filter</p> <p>Mind Carmarthen: https://www.facebook.com/groups/1283431871989623</p> <p>Mind Pembrokeshire: https://www.facebook.com/groups/207860100665942/?ref=share</p>	<p>These are Facebook social groups, hosted by an experienced Mind worker, who are mums themselves and who understand the challenges that can be faced.</p> <p>Originally trialled in Mind Pembrokeshire and in three weeks the group has been there for 60 mums. Groups now operating across the region and the links will enable mums to access groups in Ceredigion, Carmarthenshire, and Pembrokeshire.</p>



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NHS Apps			NHS endorsed apps from NHS App Library. https://www.nhs.uk/apps-library/category/mental-health/ https://www.nhs.uk/apps-library/be-mindful/ https://www.nhs.uk/apps-library/beat-panic/ https://www.nhs.uk/apps-library/big-white-wall/ https://www.nhs.uk/apps-library/blueice/ https://www.nhs.uk/apps-library/calm-harm/ https://www.nhs.uk/apps-library/distract/ https://www.nhs.uk/apps-library/equoo-emotional-fitness-game/ https://www.nhs.uk/apps-library/feeling-good-positive-mindset/ https://www.nhs.uk/apps-library/meetwo/ https://www.nhs.uk/apps-library/ieso/ https://www.nhs.uk/apps-library/my-possible-self/ https://www.nhs.uk/apps-library/silvercloud/ https://www.nhs.uk/apps-library/sleepio/ https://www.nhs.uk/apps-library/student-health-app/ https://www.nhs.uk/apps-library/thrive/
NHS Weight Loss Plan APP		Website: https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/	NHS App with easy to follow NHS choices for a 12-week diet and exercise plan.



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Noddfa Aberaeron	British Legion Hall Oxford Street Aberaerib SY46 0JB	Tel: 01545 571537 Email: NoddfaAberaeron@gmail.com	Drop in facilities on Tuesday and Thursday 9.30am to 2.30pm for people with mild mental health problems. We offer a range of activities, hot lunch.
Papyrus		Telephone Helpline: 080 068 4141 Website: www.papyrus.org/ Email: pat@papyrus-uk.org	If you are having thoughts of suicide or are concerned for a young person who might be you can contact Papyrus for confidential support and practical advice. Online, helpline, email, text. Helpline: 080 068 4141 - 9am – 10pm weekdays, 2pm – 10pm weekends. Text: 07860039967. Link to leaflet for Parents and Carers – supporting your their child - Suicide and self-harm. https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf
Pembrokeshire People First		Telephone: 01437 769135	Offers advocacy for people with Learning Disabilities. Monday – Friday 10:00 – 16:00 across the Three Counties.



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Pembrokeshire People First Facebook Group for people with Learning Disabilities		Facebook: https://www.facebook.com/groups/155197120931/	Facebook support group for people with Learning Disabilities. Daily Zoom activities. Check out their Facebook Group for the activity timetable https://www.facebook.com/groups/155197120931/ . Their Facebook group is a closed group, so you will have to request to join. Facebook group is available 24/7 to look at.
Powys Teaching Health Board Non-emergency Patient Transport Contact Centre		Tel: 0845 8401234	Patients registered with a Ceredigion GP practice can contact this number for booking hospital transport. Please note you must give 48 hours' notice for booking in advance of the day of travel. Opening hours: 8.30am to 4.30pm Monday to Friday (not bank holidays or weekends).



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R.A.B.I. (Royal Agricultural Benevolent Institution)	Shaw House 27 West Way Oxford OX2 0QH	Confidential helpline: 0808 2819490 Email: info@rabi.org.uk Email: grants@rabi.org.uk Website: www.rabi.org.uk	We provide financial help and advice about benefits for farmers, farm workers and their dependents (working or retired). Royal Agricultural Benevolent Institution (RABI) R.A.B.I. can give charitable grants to people of all ages who currently work or have worked in agriculture in England or Wales as a farmer, farm manager or farm worker and their dependants.
Reboot UK (Mind Aberystwyth)		Email: tyler@mindaberystwyth.org Website: www.goodthingsfoundation.org/projects/reboot-uk	Reboot UK is a digital skills programme for multiply excluded individuals, focused especially on people affected by homelessness and mental health problems.
Rise Up and Recover APP		Website: https://www.recoverywarriors.com/app/	Rise Up & Recover is an app for people struggling with food, dieting, exercise and body image. The app is based upon self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT).



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Seren		Tel: 0845 4561657 Website: www.serenwales.org.uk	We can offer: <ul style="list-style-type: none"> • Free confidential service • 12 sessions of one to one counselling with professional counsellors who have been trained in sexual abuse issues. • Group support • Resource information • Training of those working with people who have been sexually abused as children
SAM APP (Self-help for Anxiety Management)		Website: https://sam-app.org.uk/	SAM is an app to help you understand and manage anxiety. The app has been developed in collaboration with a research team from UWE, Bristol. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.



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Side by Side APP		Website: https://sidebyside.mind.org.uk/	Side by Side is a FREE supportive online community from the mental health charity Mind, for over 17's only. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.
Silvercloud APP		Website: https://www.nhs.uk/apps-library/silvercloud/	Silvercloud is a FREE app which provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, support for anxiety, depression, anger management, stress management, relaxation and sleep management, among many others.



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



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Smart Recipes (NHS APP)		Website: https://www.nhs.uk/change4life/recipes	NHS App. The easy way of helping you and your family eat tasty, healthy meals.
Starlings Community Cycling Project	c/o Plascrug Leisure Centre Llanbadarn Road Aberystwyth SY23 1HL	Tel: 07534 382682 Email: starlingsaberystwyth@outlook.com Web: www.starlingsaberystwyth.co.uk	Starlings (Aberystwyth) is a sports and social club (with a difference) for local people who believe in the value of exercise and friendship for physical and mental well-being.
Stay Alive APP		Website: https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/	The Stay Alive app is a FREE suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



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Student Health (NHS APP)		Website: https://www.nhs.uk/apps-library/student-health-app/	NHS App for students to access pages packed with reliable health information on first aid, mental health, love and sex, alcohol and drugs and more.
The DPJ Foundation		Confidential helpline: 0800 587 4262 Text: 07860 048799 Email: contact@thedpjfoundation.com Website: www.thedpjfoundation.com	We support people in rural communities with poor mental health, especially men in the agricultural sector.
The Biscuit Fund		Email: info@biscuitfund.org Website www.biscuitfund.org	Referrals only from anyone working in a social, advisory or healthcare organisation. No direct applications from individuals Run by volunteers, The Biscuit Fund gives small one-off financial gifts to people who find themselves in dire financial need. Focus on food and fuel poverty as a priority



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The Family Foundation - #Family Connectors Project		Mobile: 07761 958219 Website: www.thefamilyfoundation.co.uk Email: Donna@TheFamilyFoundation.co.uk	The Family Foundation is a charity based in Wales that supports individuals and families to thrive and get the support they need. The #Family Connectors project and 'Removing Barriers to Family Life' project is aimed at providing support to veterans and their partners, carer's and family members. This new team is funded by the Armed Forces Covenant. Areas of support include: Identifying Training Gaps & Needs, Helping create an individual Training Plan, Getting them onto suitable courses to match identified needs - Short courses from half day to 1 - 3 Days, Updating CV's or helping to create a new one, Providing clients with information on Jobs in their area or in other locations, Referring to other organisations for additional help & support, Being a good listener to help individuals and families. The project covers Swansea, Carmarthenshire, Ceredigion and Pembrokeshire. Referral Forms available.
The Shared Earth Trust Canolfan Gadwraeth Fferm Denmark / Denmark Farm Conservation Centre	Betws Bledrws Lampeter Ceredigion SA48 8PB	Tel: 01570 493358 Email: info@denmarkfarm.org.uk / mara@denmarkfarm.org.uk Website: https://denmarkfarm.org.uk	Denmark Farm Conservation Centre, nestled in the foothills of the beautiful Cambrian Mountains in Ceredigion. Wildlife is at the heart of everything we do. Denmark Farm can be enjoyed by families and nature-lovers, conservationists and land manager. Facebook: www.facebook.com/denmarkfarm



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Time Banking Pembrokeshire / Carmarthenshire / Ceredigion		Website: www.connect2ceredigion.org.uk/	Time Banking makes use of assets and resources within a community that may be overlooked in conventional economic transactions. Equality is enshrined in every time banking exchange through the principle of 'an hour for an hour'. It brings people together, from different backgrounds to build meaningful connections and friendships.
Tim Plant Anabl	Pantyfedwen 9 Market Street Aberystwyth SY23 1DL	Tel: 01970 627016 Email: ceilys.rees@ceredigion.gov.uk	Practical support for parents, carers and professionals
Tir Coed	Unit 6G Aberystwyth Science Park Llanbadarn Fawr Aberystwyth SY23 3AH	Tel: 01970 636909 Email: info@tircoed.org.uk Website: www.tircoed.org.uk (Elan Valley office: 01597 811527)	Woodland related activities for people suffering from mild to medium mental health problems. Group work. Training offered. Facebook: www.facebook.com/TirCoed.Charity Twitter: @tir_coed



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Organisation	Address	Telephone/Email/Website	Service Provided
Tir Dewi		Confidential helpline: 0800 121 4722 Tel: 01348 837600 / 07970 180408 Email: gareth@tirdewi.co.uk Website: www.tirdewi.co.uk	A freephone helpline and on-farm support service for farmers.
Traveline Cymru		Tel: 0800 4640000 Email: feedback@traveline.cymru Website: www.traveline.cymru	<p>Funded by the Welsh Government, we work in partnership with operators and local authorities to provide public transport information across Wales for bus, coach and train, as well as walking and cycling routes.</p> <p>We offer a one-stop-shop for travel information, where you can find all the journey information you'll need in one place, in a few simple steps. Opening hours: 7am to 8pm daily (limited service on Christmas Eve, Christmas Day, Boxing Day, New Year's Eve and New Year's Day).</p>



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



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



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



Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<p>WWDAS – West Wales Domestic Abuse Service</p>	<p>PO Box 38 Aberystwyth Ceredigion SA23 3GX</p> <p>PO Box 5 Cardigan Ceredigion SA43 1LE</p>	<p>Tel: 01970 612225 (Aberystwyth)</p> <p>Tel: 01239 615700 (Cardigan)</p> <p>24 hour Helpline: 01970 615385 – South Ceredigion</p> <p>24 hour Helpline: 01970 625585 – North Ceredigion</p> <p>Email: info@westwalesdas.org.uk</p> <p>Website: www.westwalesdas.org.uk</p>	<p>West Wales Domestic Abuse Service (Formerly West Wales Women’s Aid) was formed in 2012 after the merger of Aberystwyth and Cardigan’s Women’s Aid.</p> <p>We provide a free, confidential service throughout Ceredigion to anybody suffering or experiencing domestic abuse regardless of their age, race, gender, sexual orientation or financial circumstances.</p> <p>When you contact us, we will talk to you about your situation and agree what support you need. This can include anything from providing refuge, giving you information on benefits and housing, providing emotional support through our Floating Support service or referring you onto one of our group programmes such as the Recovery Toolkit or Freedom Programme or referring you for counselling. Your safety is of paramount concern to us and we will always do our best to help you form a plan that will help you feel safer.</p>



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<p>Wales Perinatal Mental Health Network Digital Resource</p>		<p>Website: www.rcpsych.ac.uk</p>	<p>Instead of our annual conference this year, we are excited to announce the launch of our very first digital resource for perinatal mental health in Wales.</p> <p>The link below will take you to our digital resource in English or Welsh. You will need no more than 2 hours to watch all our videos.</p> <p>Perinatal Network (rcpsych.ac.uk)</p> <p>Rhwydwaith Amenedigol (rcpsych.ac.uk)</p>
<p>Welsh Ambulance Service Trust Non-emergency Patient Transport Contact Centre (hospital booking line only)</p>		<p>Tel: 01267 225789</p>	<p>Hospital wards and clinicians can contact this number for booking hospital transport.</p> <p>Please note you must give 48 hours' notice for booking in advance of the day of travel.</p> <p>Opening hours: 8.30am to 5pm Monday to Friday (not bank holidays or weekends).</p>



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