



## **Ceredigion Mental Health Directory 2020**

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

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

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



## Ceredigion Mental Health Directory

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



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<b>Active 10 (NHS APP)</b>		Website: <a href="https://www.nhs.uk/oneyou/active10/home">https://www.nhs.uk/oneyou/active10/home</a>	NHS app which helps you quickly and simply do more brisk walking in bursts of 10 minutes, to increase your health and to help lower your risk of serious illness.
<b>Adlerian Society of Wales</b>	56, St James Street Narberth SA67 7DA	Tel: 01834 860330  Email: <a href="mailto:office@adleriansocietywales.org.uk">office@adleriansocietywales.org.uk</a>  Website: <a href="http://www.adleriansocietywales.org.uk">www.adleriansocietywales.org.uk</a>	<p>The Society is not only a counselling and training centre, but also a Charity.</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><b>Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC)</b></p>		<p>Website: <a href="http://www.advocacywestwales.org.uk">www.advocacywestwales.org.uk</a></p>	<p><b>Community Mental Health Advocacy for Adults in Carmarthenshire and Pembrokeshire:</b> Advocacy West Wales provide an independent advocacy service and they can help you access mental health support services in Pembrokeshire and Carmarthenshire. Speak to an independent mental health advocate. Availability: Monday-Friday 09:00 - 17:00 (Not Bank Holidays). <b>Tel: 01267 231122 (Carmarthenshire) or 01437 762935 (Pembrokeshire).</b></p> <p><b>Independent Mental Health Advocacy for People of All Ages in Carmarthenshire, Ceredigion and Pembrokeshire:</b> Advocacy for people who are informal or detained, being treated or assessed in hospital for their mental health (including dementia). Also, people on section of the Mental Health Act and living in the community. Availability: Monday - Friday 09:00-17:00 (Not Bank Holidays) <b>Tel: 01267 223197 or FAX a referral to 01437 839174 or Email: imha@advocacywestwales.org.uk.</b></p> <p>Continued/...</p>



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<p>Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC) / Continued/...</p>		<p>Website: <a href="http://www.advocacywestwales.org.uk">www.advocacywestwales.org.uk</a></p>	<p>Continued/...</p> <p><b>Carers Advocacy:</b> For Carers of people with mental ill conditions. Help to understand your rights as a Carer, to access carer's assessments and to be involved in care and treatment planning for the person you support. Availability: Monday - Friday 09:00-17:00 (Not Bank Holidays). <b>Tel: 01267 235427 (Carmarthenshire).</b></p> <p><b>CIPA - Ceredigion Independent Professional Advocacy:</b> Advocacy for people who have needs for social care and support, or their Carers, including assessment, care planning and review, safeguarding and complaints. <b>Tel: FREEPHONE 0800 20161387. Email: <a href="mailto:info@cipawales.org.uk">info@cipawales.org.uk</a>. Website: <a href="http://www.cipawales.org.uk">http://www.cipawales.org.uk</a>.</b></p>
<p>Dyfed – Digital Champions</p>		<p>Tel: 01554 784080</p> <p>Email: <a href="mailto:p.mcilroy@agecymru@agecymrudyfed.org.uk">p.mcilroy@agecymru@agecymrudyfed.org.uk</a></p>	<p>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.</p>



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



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<b>Area 43</b>	1 Pont y Cleifion Cardigan Ceredigion SA43 1DW	Tel: 0800 0385778 / 01239 614566  Website: <a href="https://www.area43.co.uk/">https://www.area43.co.uk/</a>	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. <a href="https://www.area43.co.uk/referrals/">https://www.area43.co.uk/referrals/</a>
<b>Arts for Wellbeing</b>		Tel: 01559 363273	Engage, Inspire, Motivate. Harnessing creativity, Improving lives and community.
<b>Autism Initiative</b>	6 Great Darkgate Street Aberystwyth Ceredigion SY23 1DE	Tel: 01970 626264  Mob: 07850 601283  Email: <a href="mailto:Elaine.baileyjohn@autisminitiatives.org">Elaine.baileyjohn@autisminitiatives.org</a>  Website: <a href="http://www.autisminitiatives.org">www.autisminitiatives.org</a>	



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<b>Autism Wellbeing CIC</b>		Tel: 07393 664048 (Rorie Fulton) Email: <a href="mailto:rorie@autismwellbeing.org.uk">rorie@autismwellbeing.org.uk</a>	<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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<b>Bereaved by Suicide (Cardigan Support Group)</b>		Contact Sian on Mob: 07514 139910 Email: <a href="mailto:bereavedbysuicide@hotmail.com">bereavedbysuicide@hotmail.com</a>	Support group for over 18s  Meets every third Wednesday of the month from 7pm – 9pm
<b>Bipolar UK</b>		Tel: 0333 323 3880 Email: <a href="mailto:info@bipolaruk.org">info@bipolaruk.org</a> Website: <a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a>	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.
<b>Borth Family Centre</b>	SY24 5LW	Mob: 0789 6616 857 Email: <a href="mailto:helen@borthfamilycentre.co.uk">helen@borthfamilycentre.co.uk</a>	Group with activities for cares of people with memory loss and their cared for. The group meets on a Monday from 10am – 12pm
<b>Breathe APP</b>		Website: <a href="https://www.stopbreathethink.com/">https://www.stopbreathethink.com/</a>	Recommended by the NHS. Stop Breathe Think, Meditation & mindfulness app to help you feel strong, connected and inspired through life's ups and downs.



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<b>Breath Works APP</b>		Website: <a href="https://www.breathworks-mindfulness.org.uk/">https://www.breathworks-mindfulness.org.uk/</a>	App recommended by NHS. Guided meditations for mindfulness, helps to live well with pain, illness and stress.
<b>CAMFAN</b>	4 & 4a Drovers Rd Lampeter Ceredigion SA48 7AT	Tel: 01570 421190  Email: <a href="mailto:louise.jenkins@gwalia.com">louise.jenkins@gwalia.com</a>  Website: <a href="http://www.poblgroup.co.uk">www.poblgroup.co.uk</a>	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)
<b>Cardigan Women's Aid</b>	Women's Aid PO box 5 Cardigan SA43 1LE	Tel: 01239 615385  Email: <a href="mailto:info@westwalesdas.org.uk">info@westwalesdas.org.uk</a>  Website: <a href="http://www.westwalesdas.org.uk">www.westwalesdas.org.uk</a>	<ul style="list-style-type: none"> <li>• Support</li> <li>• Emergency accommodation for women, children and men experiencing DA</li> <li>• Separate single flat for men experiencing DA</li> </ul>
<b>Carers Unit</b>	Carers Unit Canolfan Rheidol Rhodfa Padarn Llanbadarn Fawr Aberystwyth Ceredigion SY23 3UE	Tel: 01970 633564  Email: <a href="mailto:carersunit@ceredigion.gov.uk">carersunit@ceredigion.gov.uk</a>  Website: <a href="https://www.ceredigion.gov.uk/resident/social-care-wellbeing/support-for-carers/carers-information-service/">https://www.ceredigion.gov.uk/resident/social-care-wellbeing/support-for-carers/carers-information-service/</a>	Carers Information Service.



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<b>Catch It (NHS APP)</b>		Website: <a href="https://www.nhs.uk/apps-library/catch-it/">https://www.nhs.uk/apps-library/catch-it/</a>	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).
<b>CIPA - Ceredigion Independent Professional Advocacy</b>		Telephone: 0800 2061387  Website: <a href="http://cipawales.org.uk">cipawales.org.uk</a>	<p><b>Ceredigion Independent Professional Advocacy (CIPA)</b>            – a collaboration between <b>Advocacy West Wales / Eiriolaeth Gorllewin Cymru and Pembrokeshire People First (PPF)</b></p> <p>Advocacy for people who have needs for social care and support, or their Carers, including assessment, care planning and review, safeguarding and complaints. A service providing independent professional advocacy in Welsh and English, as well as workshops on self-advocacy and Carers' rights.</p> <p>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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<b>Ceredigion Association of Voluntary Organisations (CAVO)</b>		Tel: 01570 423232 Email: <a href="mailto:gen@cavo.org.uk">gen@cavo.org.uk</a>	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.
<b>Ceredigion Country Cars</b>		Tel: 01269 843819 Mobile: 07768 034827 Website: <a href="http://www.ceredigion.gov.uk">www.ceredigion.gov.uk</a>	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).
<b>Ceredigion Mental Health Forum</b>		Tel: 0743 5963 647 Email: <a href="mailto:Ceredigion@wwamh.org.uk">Ceredigion@wwamh.org.uk</a>	
<b>Ceredigion Young Carers and Young Adult Carers Service</b>		Tel: 01437 761330 Website: <a href="http://www.afcwestwales.org.uk">www.afcwestwales.org.uk</a>	One-to-one support for children and young people, aged 8 to 25, who have a caring role or responsibility.



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<b>Citizens Advice Bureau - Aberystwyth</b>	1 King Street Aberystwyth SY23 2AY		Please contact the Cardigan office for Aberystwyth enquiries No drop-in service available in Aberystwyth
<b>Citizens Advice Bureau - Cardigan</b>	Napier Street Cardigan Ceredigion SA43 1ED	Tel: 0344 4772020 advice line  Tel: 01239 621974 (admin)  Email: <a href="mailto:enquiries@cabceredigion.org">enquiries@cabceredigion.org</a>  Website: <a href="http://www.citizensadvice.org.uk/wales">www.citizensadvice.org.uk/wales</a>	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.
<b>Community Advice and Listening Line (CALL)</b>		Tel: 0800 132737  Text: help to 81066  Website: <a href="http://www.callhelpline.org.uk">www.callhelpline.org.uk</a>	A mental health line for Wales, supporting <ul style="list-style-type: none"> <li>• those suffering from mental distress, their relatives and their friends</li> <li>• parents whose child has attempted suicide or have lost a child through suicide</li> <li>• vulnerable adults who are suffering abuse.</li> </ul>
<b>Compassionate Communities</b>		Tel: 01559 363273 (Arts 4 Wellbeing)  Email: <a href="mailto:info@arts4wellbeing.co.uk">info@arts4wellbeing.co.uk</a>	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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<b>Connect Cysylltu</b>		<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>
<b>Couch to 5K (NHS APP)</b>		<p>Website: <a href="https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/">https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/</a></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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<b>Credu - Gofalwyr Ceredigion Carers</b>		Tel: 03330 143377 Email: <a href="mailto:ceredigion@credu.cymru">ceredigion@credu.cymru</a> Website: <a href="https://credu.cymru/gofalwyr-ceredigion-carers/">https://credu.cymru/gofalwyr-ceredigion-carers/</a>	Supporting Carers and families in Ceredigion
<b>Cruse Bereavement Care</b>	PO Box 34 Haverfordwest Pembrokeshire SA61 1YS	Tel: 0800 288 4700 Email: <a href="mailto:westwales@cruse.org.uk">westwales@cruse.org.uk</a> Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>	Leading National Charity for bereaved people.  Vision is that all bereaved people have somewhere to turn when someone dies.  Free and confidential services provided by trained volunteers.
<b>Cyfarfod (Managed by Hafal)</b>	9 Portland Rd Aberystwyth Ceredigion SA23 2NL	Tel: 01970 624756 Email: <a href="mailto:Ceredigion@hafal.org">Ceredigion@hafal.org</a> Website: <a href="http://www.hafal.org">www.hafal.org</a>	Befriending Scheme: available to those suffering from serious mental illness; provides respite for their carers  High Needs Housing Service: community-based support; 8am to 6pm  Aberystwyth Social Clubs: promote healthy lifestyles and support social interaction, providing recreation within the community; Wednesday, Saturday and Sunday.



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<b>Cyfle Cymru</b>		Tel: 01267 231634  Email: <a href="mailto:ask@cyflecymru.com">ask@cyflecymru.com</a>  Website: <a href="http://dacw.co.uk/about-cyfle-cymru">http://dacw.co.uk/about-cyfle-cymru</a>	<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>
<b>Cymdeithas Gofal The Care Society</b>	Head Office 21 Terrace Road Aberystwyth SY23 1NP	Tel: 01970 639111  Email: <a href="mailto:info@caresociety.org.uk">info@caresociety.org.uk</a>	<ul style="list-style-type: none"> <li>• Bond</li> <li>• Night Shelter</li> <li>• Emergency accommodation</li> <li>• Tenancy support</li> <li>• Shopmobility</li> </ul>





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<b>Days Off (NHS APP)</b>		Website: <a href="https://www.nhs.uk/oneyou/for-your-body/drink-less/">https://www.nhs.uk/oneyou/for-your-body/drink-less/</a>	NHS app to track the days you drink alcohol and the days you don't.
<b>Daylio Diary Mood Tracker (NHS APP)</b>		Website: <a href="https://daylio.webflow.io/">https://daylio.webflow.io/</a>	Daylio is a FREE app which enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.
<b>Dolen Teifi Community Transport</b>		Tel: 0845 6861973  Mobile: 07771 814401  Website: <a href="http://www.dolenteifi.org.uk">www.dolenteifi.org.uk</a>	Created by volunteers from the enterprise group Llandysul and Pont-Tyweli Ymlaen Cyf, aiming to provide sustainable transport to the people who live in Llandysul and the surrounding area. They have a combination of mini buses and wheelchair-accessible vehicles, and have now extended their services to other community groups along the Teifi Valley from Newcastle Emlyn to Llanbydder, Carmarthen to Llanelli.  Opening hours: 9am to 5pm Monday to Sunday (including bank holidays).



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<b>The DPJ Foundation</b>		Confidential helpline: 0800 587 4262 Text: 07860 048799 Email: <a href="mailto:contact@thedpjfoundation.com">contact@thedpjfoundation.com</a> Website: <a href="http://www.thedpjfoundation.com">www.thedpjfoundation.com</a>	We support people in rural communities with poor mental health, especially men in the agricultural sector.  Text: 07860 048799 or Phone: 0800 587 4262 (Confidential)
<b>Easy Meals (NHS APP)</b>		Website: <a href="https://www.nhs.uk/oneyou/for-your-body/eat-better/">https://www.nhs.uk/oneyou/for-your-body/eat-better/</a>	NHS App offering ways to eat foods that are healthier.
<b>Eiriol Mental Health Advocacy</b>		Tel: 01267 231122 Email: <a href="mailto:admin@advocacywestwales.org.uk">admin@advocacywestwales.org.uk</a> Website: <a href="http://www.advocacywestwales.org.uk">www.advocacywestwales.org.uk</a>	<p><b>Eiriol Mental Health Advocacy has merged with Advocacy West Wales – Eiriolaeth Gorllewin Cymru.</b></p> <p>Please see information in the Advocacy West Wales / AWW-EGC entry for details of all services.</p> <p>Advocacy for over-18s with mental health problems and carers.</p> <p>Provides help by listening, gathering information that you may need to progress and advises on rights under the Mental Health Act</p>



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<b>Elefriends APP</b>		Website: <a href="https://www.elefriends.org.uk/">https://www.elefriends.org.uk/</a>	Elefriends 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.
<b>Gambling Support Service</b>	Citizens Advice Bureau Denbighshire 23 High St, Denbigh, LL16 3HY	Tel: 01745 818082 (Shannan Jones)  Denbigh office: 01745 814336 (general enquiries)  Email: <a href="mailto:shannan.jones@dcab.co.uk">shannan.jones@dcab.co.uk</a>	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
<b>Give Us A Shout</b>		Text: 85258  Website: <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a>	Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.  Shout is powered by a team of volunteers, who are at the heart of the service. We take people from crisis to calm every single day.



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Organisation	Address	Telephone/Email/Website	Service Provided
<b>Hafal Ceredigion</b>	9 Portland Road Aberystwyth SY23 2NL	Tel: 01970 624756  Email: <a href="mailto:ceredigion@hafal.org">ceredigion@hafal.org</a>  Website: <a href="http://www.hafal.org">www.hafal.org</a>	<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>
<b>Hafal Crossroads</b>	9 Portland Road Aberystwyth SY23 2NL	Tel: 01970 627 966  Email: <a href="mailto:crossroads@hafal.org">crossroads@hafal.org</a>  Website: <a href="http://www.hafal.org/crossroads">www.hafal.org/crossroads</a>	<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>



### Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Hafal Noddfa</b>	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)
<b>Happier APP</b>		Website: <a href="https://www.happier.com/">https://www.happier.com/</a>	Happier is a FREE app which helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach -- use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day.
<b>Help for Heroes</b>	Unit D11 3&4 Old Bank Buildings Off Main Avenue Treforest Industrial Estate CF37 5UR	Tel: 01443 808910  Email: <a href="mailto:wales.supporthub@helpforheroes.org.uk">wales.supporthub@helpforheroes.org.uk</a>  Website: <a href="http://www.helpforheroes.org.uk">www.helpforheroes.org.uk</a>	A network of professionals and partners who not only help serving members of the Armed Forces, but also ex-Servicemen and women and their families. This is achieved through physical and emotional rehabilitation and recovery. The charity also identifies new career opportunities and offers financial and welfare support.



### Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>HUTS</b>	HUTS Workshop Adpar Newcastle Emlyn SA38 9ED	Tel: 01239 710377  Email: <a href="mailto:huts@hutsworkshop.org">huts@hutsworkshop.org</a>  Website: <a href="http://www.huts@hutsworkshop.org">www.huts@hutsworkshop.org</a>	<p>HUTS is a mental health and learning disability charity.</p> <p>Providing arts and crafts therapeutic workshops for people with experience of mental health problems.</p> <p>Call and Chat service for 18+ Support and Signposting Confidential.</p> <p>Referral Only.</p> <p>Home Befriending Service in South Ceredigion. (No new referral at the moment for this service)</p>
<b>IAWN</b>		Website: <a href="http://www.iawn.wales.nhs.uk/hafan">www.iawn.wales.nhs.uk/hafan</a>	<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>



## Ceredigion Mental Health Directory

<b>Organisation</b>	<b>Address</b>	<b>Telephone/Email/Website</b>	<b>Service Provided</b>
<b>Kinora</b>	St Marys Old School Hall Cardigan SA43 1DW	Tel: 01239 612056	A free mental health recovery drop-in centre offering advice and support to all. Activities include gardening, cooking, bush craft, walking groups, art sessions.  Opening hours: 10am to 3pm (Monday, Tuesday, Thursday, Friday) and 5pm to 9pm (Wednesday).
<b>Meic</b>		Tel: 08088 023456  Website: <a href="https://www.meiccymru.org">https://www.meiccymru.org</a>	Helpline for young people (up to the age of 25) in Wales. From helping you to find out what is going on in your local area to helping you to deal with a tricky situation, Meic will listen even when no-one else will.



### Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>MHM Wales – Mental Health Matters Wales</b>	Union Offices Quarella Road Bridgend CF31 1JW	Tel: 01656 651450  Email: <a href="mailto:admin@mhmwales.org.uk">admin@mhmwales.org.uk</a>  Website: <a href="https://www.mhmwales.org.uk/">https://www.mhmwales.org.uk/</a>	<p>The IMCA Service provides Independent advocates for people who are deemed to lack capacity to make certain significant decisions as identified in MCA 2005 and who, at the time such decisions need to be made, have no-one other than paid staff to support or represent them or to be consulted. Throughout Carmarthen, Ceredigion and Pembrokeshire.</p> <p>The Paid Representatives (PRPR) are qualified advocates who have specialist knowledge of the Mental Capacity Act and Deprivation of Liberty Safeguards legislation. We can support people with lack capacity across West Wales. 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>





### Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>MIND Aberystwyth</b>	MIND Aberystwyth The Cambria Marine Terrace Aberystwyth SY23 2AZ	Tel: 01970 626225  Email: <a href="mailto:info@mindaberystwyth.org">info@mindaberystwyth.org</a>  Website: <a href="http://www.mindaberystwyth.org">www.mindaberystwyth.org</a>	<p>Type of support: Mental health - tenancy 1:1, wellbeing activities, advice and signposting.</p> <p>Floating support (tenancy) provision with a MH focus, previously delivered 1:1 in service user's homes.</p> <p>Support now being delivered on an allocated case basis through phone, email, text, WhatsApp and other social media formats. Bespoke 1:1 complex needs outreach support to maintain good MH and wellbeing and community independence. Currently being delivered through a mixed media approach. Group activities to maintain/improve MH wellbeing and reduce social isolation.</p> <p>Regular welfare contact for individuals that used to attend groups but are unable to do so due to social distancing restrictions.</p> <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>



## Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>MIND Aberystwyth – Active Monitoring Programme</b>		<p><b>For Ceredigion:</b> <a href="http://mindaberystwyth.org/active-monitoring/">http://mindaberystwyth.org/active-monitoring/</a></p> <p>Tel: 01970 626225.</p> <p>Please send referrals to <a href="mailto:info@mindaberystwyth.org">info@mindaberystwyth.org</a>.</p> <p><b>For Pembrokeshire:</b> <a href="mailto:activemonitoring@mindpembrokeshire.org.uk">activemonitoring@mindpembrokeshire.org.uk</a></p> <p>Tel: 07813 797615.</p> <p><b>For other postcodes across Wales:</b> <a href="https://www.mind.org.uk/about-us/mind-cymru/active-monitoring">https://www.mind.org.uk/about-us/mind-cymru/active-monitoring</a>.</p>	<p>A guided self-care programme for over 18s in Ceredigion.</p> <p>Trained practitioners support individuals affected by poor mental health via telephone and/or video conferencing.</p> <p>6-weeks, 1 x 20 minute session per week. Sessions &amp; resources available in Welsh/English. Available until end of November.</p>



Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>MIND Aberystwyth – Side by Side Cymru</b>		<a href="http://mindaberystwyth.org/side-by-side-cymru/">http://mindaberystwyth.org/side-by-side-cymru/</a>  <a href="mailto:rob@mindaberystwyth.org">rob@mindaberystwyth.org</a>  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 December 2020.</p>
<b>MIND Aberystwyth Tenancy Support for Mental Health</b>	MIND Aberystwyth The Cambria Marine Terrace Aberystwyth SY23 2AZ	Tel: 01970 626225  Email: <a href="mailto:info@mindaberystwyth.org">info@mindaberystwyth.org</a>  Website: <a href="http://www.mindaberystwyth.org">www.mindaberystwyth.org</a>	<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>
<b>Mindshift APP</b>		Website: <a href="https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/">https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/</a>	<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 (<a href="http://www.anxietybc.com">http://www.anxietybc.com</a>) and BC Mental Health &amp; Addiction Services (<a href="http://www.bcmhas.ca">http://www.bcmhas.ca</a>). to help teens and young adults cope with anxiety – teaches relaxation skills, develops new thinking.</p>



### Ceredigion Mental Health Directory

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



### Ceredigion Mental Health Directory

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



## Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Noddfa Aberaeron</b>	British Legion Hall Oxford Street Aberaerib SY46 0JB	Tel: 01545 571537  Email: <a href="mailto:NoddfaAberaeron@gmail.com">NoddfaAberaeron@gmail.com</a>	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.
<b>Pembrokeshire People First</b>		Telephone: 01437 769135	Offers advocacy for people with Learning Disabilities. Monday – Friday 10:00 – 16:00 across the Three Counties.
<b>Pembrokeshire People First Facebook Group for people with Learning Disabilities</b>		Facebook: <a href="https://www.facebook.com/groups/155197120931/">https://www.facebook.com/groups/155197120931/</a>	Facebook support group for people with Learning Disabilities. Daily Zoom activities. Check out their Facebook Group for the activity timetable <a href="https://www.facebook.com/groups/155197120931/">https://www.facebook.com/groups/155197120931/</a> . Their Facebook group is a closed group, so you will have to request to join. Facebook group is available 24/7 to look at.
<b>Powys Teaching Health Board Non-emergency Patient Transport Contact Centre</b>		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).



### Ceredigion Mental Health Directory

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



### Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Seren</b>		Tel: 0845 4561657  Website: <a href="http://www.serenwales.org.uk">www.serenwales.org.uk</a>	We can offer: <ul style="list-style-type: none"> <li>• Free confidential service</li> <li>• 12 sessions of one to one counselling with professional counsellors who have been trained in sexual abuse issues.</li> <li>• Group support</li> <li>• Resource information</li> <li>• Training of those working with people who have been sexually abused as children</li> </ul>
<b>SAM APP (Self-help for Anxiety Management)</b>		Website: <a href="https://sam-app.org.uk/">https://sam-app.org.uk/</a>	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.





Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Silvercloud APP</b>		Website: <a href="https://www.nhs.uk/apps-library/silvercloud/">https://www.nhs.uk/apps-library/silvercloud/</a>	Silvercloud is a FREE app which provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.
<b>Smart Recipes (NHS APP)</b>		Website: <a href="https://www.nhs.uk/change4life/recipes">https://www.nhs.uk/change4life/recipes</a>	NHS App. The easy way of helping you and your family eat tasty, healthy meals.
<b>Starlings Community Cycling Project</b>	c/o Plascrug Leisure Centre Llanbadarn Road Aberystwyth SY23 1HL	Tel: 07534 382682  Email: <a href="mailto:starlingsaberystwyth@outlook.com">starlingsaberystwyth@outlook.com</a>  Web: <a href="http://www.starlingsaberystwyth.co.uk">www.starlingsaberystwyth.co.uk</a>	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.
<b>Stay Alive APP</b>		Website: <a href="https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/">https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/</a>	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.



### Ceredigion Mental Health Directory

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



### Ceredigion Mental Health Directory

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



## Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Time Banking Pembrokeshire / Carmarthenshire / Ceredigion</b>		Website: <a href="http://www.connect2ceredigion.org.uk/">www.connect2ceredigion.org.uk/</a>	Time Banking makes use of assets and resources within a community that may be overlooked in conventional economic transactions. Equality is enshrined in every time banking exchange through the principle of 'an hour for an hour'. It brings people together, from different backgrounds to build meaningful connections and friendships.
<b>Tim Plant Anabl</b>	Pantyfedwen 9 Market Street Aberystwyth SY23 1DL	Tel: 01970 627016  Email: <a href="mailto:ceilys.rees@ceredigion.gov.uk">ceilys.rees@ceredigion.gov.uk</a>	Practical support for parents, carers and professionals



### Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Tir Coed</b>	Unit 6G Aberystwyth Science Park Llanbadarn Fawr Aberystwyth SY23 3AH	Tel: 01970 636909  Email: <a href="mailto:info@tircoed.org.uk">info@tircoed.org.uk</a>  Website: <a href="http://www.tircoed.org.uk">www.tircoed.org.uk</a>  (Elan Valley office: 01597 811527)	Woodland related activities for people suffering from mild to medium mental health problems. Group work. Training offered.  Facebook: <a href="https://www.facebook.com/TirCoed.Charity">www.facebook.com/TirCoed.Charity</a> Twitter: @tir_coed
<b>Tir Dewi</b>		Confidential helpline: 0800 121 4722  Tel: 01348 837600 / 07970 180408  Email: <a href="mailto:gareth@tirdewi.co.uk">gareth@tirdewi.co.uk</a>  Website: <a href="http://www.tirdewi.co.uk">www.tirdewi.co.uk</a>	A freephone helpline and on-farm support service for farmers.
<b>Traveline Cymru</b>		Tel: 0800 4640000  Email: <a href="mailto:feedback@traveline.cymru">feedback@traveline.cymru</a>  Website: <a href="http://www.traveline.cymru">www.traveline.cymru</a>	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.  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).



Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<p><b>Veterans Gateway</b></p>		<p>Tel: 0808 802 1212</p> <p>Email: Support.veteransgateway.org.uk</p> <p>Website: <a href="http://www.veteransgateway.org.uk">www.veteransgateway.org.uk</a></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><a href="https://www.veteransgateway.org.uk/local-support/">https://www.veteransgateway.org.uk/local-support/</a></p>



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<p><b>Veterans NHS Wales</b></p>		<p>Tel: 01570 422577</p> <p>Website: <a href="http://www.veteranswales.co.uk">www.veteranswales.co.uk</a></p>	<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
<b>Veterans NHS Wales</b> / 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><a href="https://www.veteranswales.co.uk/how-to-self-refer.html">https://www.veteranswales.co.uk/how-to-self-refer.html</a></p>
<b>Veterans Legal Link</b>		Email: <a href="mailto:help@veteranslegal.co.uk">help@veteranslegal.co.uk</a>  Website: <a href="http://www.veteranslegallink.org">www.veteranslegallink.org</a>	Assists veterans and their families in receiving free legal advice.





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<b>Organisation</b>	<b>Address</b>	<b>Telephone/Email/Website</b>	<b>Service Provided</b>
<b>Welsh Ambulance Service Trust Non-emergency Patient Transport Contact Centre (hospital booking line only)</b>		Tel: 01267 225789	Hospital wards and clinicians can contact this number for booking hospital transport.  Please note you must give 48 hours' notice for booking in advance of the day of travel.  Opening hours: 8.30am to 5pm Monday to Friday (not bank holidays or weekends).
<b>West Wales Domestic Abuse Service</b>		Tel: 01970 625585 (Aberystwyth) Tel: 01239 615385 (Cardigan)  Email: <a href="mailto:info@westwalesdas.org.uk">info@westwalesdas.org.uk</a>  Website: <a href="http://www.westwalesdas.org.uk">www.westwalesdas.org.uk</a>	For adults, children and young people



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