



## Ceredigion Mental Health Directory 2014

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

**WWAMH**

**The Mount**

**18 Queen Street**

**Carmarthen**

**SA31 1JT**

**01267 238367**

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

GROUP/ORGANISATION MUDIAD	CONTACT NAME & ADDRESS/CYSWLLT	TELEPHONE NUMBER/FFON	SERVICE PROVIDED GWASANAETH	AGE OEDRAN
<b>Aberystwyth Social Clubs</b> <b>Managed by Hafal</b>	The Cambria Marine Terrace Aberystwyth SY23 2AZ	<b>01970 624756</b>	Hafal exists to improve the lives of people affected by <b><u>schizophrenia</u></b> and other <b><u>severe mental illness</u></b> by providing quality support, services and information and by influencing local, regional and national policies. Sunday Drop In Club 10.00 am – 5.00 pm. Day Centre, Park Avenue, Aberystwyth. Snooker, Arts, Crafts, Snacks. Member Partnership Meetings monthly. Wednesday Drop In Club 6.45 pm – 9.00 pm, Day Centre, Park Avenue, Aberystwyth. Thursday Lunch Club 10.30 am – 2.00 pm, Morlan Centre, Queen’s Road, Aberystwyth Healthy 2 course lunch. Activities Club – night trips to Cinema, Theatre. Day trips to places of interest. Shopping. Open Bank Holidays	18+
<b>Alzheimers Society Aberystwyth</b>	31 North Parade, Aberystwyth. SY23 2JN	<b>01970 623808</b>	Fundraising. Support meeting held on 2 <sup>nd</sup> Friday of each month at Hafan Y Waun, Waun Fawr, Aberystwyth 2.00 pm – 3.30 pm.	65+

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<b>CAMFAN</b>	4 & 4A Drovers Road, Lampeter	<b>01570 421190</b>  <a href="http://www.camfa.org.uk">www.camfa.org.uk</a>	Camfan provides a 3day drop in and support service for clients with or recovering from mental distress including a low cost healthy option freshly cooked lunch. Tuesday - 10.00 am – 4.00 pm. Thursday 10.00 am – 4.00 pm. Friday 10.00 am – 4.00 pm. Quiz, Computers Sat 10.00 am – 1.00 pm. Coffee/tea/social. Sunday 10.00 am – 4.30 pm. Luncheon Club. Membership of Camfan is through referral from GP, any professional in surgery, CMHT, Supporting People or self.	16+
<b>Cardigan Women's Aid</b>	Women's Aid, PO Box 5, Cardigan SA43 1LE	<b>01239 615385</b>  <a href="mailto:cardiganwa@yahoo.co.uk">cardiganwa@yahoo.co.uk</a>	Safe place and support for women and their children experiencing domestic violence and suffering from <b><u>mild mental health problems.</u></b>	16+
<b>Ceredigion Care Society</b>	Second Floor Offices No 1 North Parade Aberystwyth, Ceredigion SY23 2JH	<b>01970 639111</b> <b>01970 639121 fax</b>  <a href="mailto:ceredigioncare@btconnect.com">ceredigioncare@btconnect.com</a>	Direct access night shelter for up to 5 people. Dry shelter. Floating Tenancy Support Scheme. Promoting independent living and integration into the community. Crisis Resolution Worker – short term targeted support. Bond Scheme, supporting clients to find suitable accommodation in the private sector. Caters for clients with <b><u>mild mental health problems.</u></b>	16-65

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<b>Ceredigion Crossroads</b>	Enlli Bronglais General Hospital Aberystwyth SY23 1ER	<b>01970 627966</b>  <a href="mailto:ceredigion@crossroads.org.uk">ceredigion@crossroads.org.uk</a>	Crossroads provides support and home based respite to carers where cared for over the age of 18 and who suffer from Alzheimers, Senile Dementia, severe depression, stroke and Parkinsons. Saturday respite club provides care for up to 5 hours at alternating centres – Canolfan Padarn, Aberystwyth and Yr Hafod, Cardigan. Extended respite available in the home.	18+
<b>Ceredigion Mental Health Forum</b>	West Wales Action for Mental Health Llys Steffan, Temple Terrace Lampeter, Ceredigion SA48 7BJ	<b>01570 422559</b> <b>07435963647</b>  <a href="mailto:Ceredigion@wwamh.org.uk">Ceredigion@wwamh.org.uk</a>	The aim of the forum is to monitor and improve the standard of mental health services in Ceredigion by promoting the views, concerns and interests of people who have used or will use or are using mental health services and to influence changes within the statutory agencies on behalf of service users, their carers and representatives of appropriate voluntary organisations.	All

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<b>Citizen's Advice Bureau</b>	12 Cambrian Place Aberystwyth SY23 1NT	<b>01970 612817</b>	No restriction to age or level of illness of clients seen. <b><u>Aberystwyth</u></b> Monday - pre booked appointments. Tues – 9.45 am – 11.45 and 1.00 pm – 3.00 pm open door Thursday – 9.45 am – 3.00 pm open door <b><u>Lampeter</u></b> Monday – 9.15 am – 11.45 am <b><u>Tregaron</u></b> Tuesday – 9.00 am – 11.30 pm <b><u>Penparcau</u></b> Tuesday 1.00 pm – 3.00 pm <b><u>Ponterwyd</u></b> 1 <sup>st</sup> and 3 <sup>rd</sup> Monday of every month 4.00 pm – 6.00 pm <b><u>Devil's Bridge</u></b> 2 <sup>nd</sup> and 4 <sup>th</sup> Monday of every month 4.00 pm – 6.00 pm <b><u>Cyswllt Office, Aberystwyth</u></b> Wednesday 12 noon – 2.00 pm Substance misuse only	All
<b>Cyfarfod Manged by Hafal</b>	Room C10 The Cambria Marine Terrace Aberystwyth SY23 2AZ	<b>01970 624756</b>	Befriending Scheme available to those suffering from <b><u>serious mental illness</u></b> Monday and Friday pm – office, otherwise mobile phone 9.00 am – 5.00 pm	18+

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Cyswllt Ceredigion Contact	49 North Parade Aberystwyth SY23 2JN	01970 626470 01970 626644 fax <a href="mailto:office@recovery.org.uk">office@recovery.org.uk</a>  <a href="http://www.recovery.org.uk">www.recovery.org.uk</a>	Working with people with alcohol, drug and food dependencies and those affected by someone else's problem. Supporting people provided for clients. We offer initial assessment followed by invitation to one of our programmes or referral to another professional organisation. <ul style="list-style-type: none"> <li>➤ Drug and alcohol Awareness Programme</li> <li>➤ 12 week abstinence based day treatment</li> <li>➤ Aftercare</li> <li>➤ Family Programme</li> <li>➤ One to One Counselling</li> <li>➤ Drop in facility</li> </ul> <p><b><u>Mild to medium mental health problems</u></b> and chronic substance misuse.</p>	16+
Ceredigion Advocacy via MAP		01437-762935	Independent Confidential Advocacy. <ol style="list-style-type: none"> <li>1. Mental health advocacy for adults (18-65)</li> <li>2. Advocacy for Learning Disabilities clients.</li> </ol>	18-65
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GAP STUDIOS	Gorwelion Llanbadarn Road Aberystwyth SY23 1HB	01970 615488	User led voluntary organisation for people with <b><u>severe and enduring mental health problems</u></b> offering tuition in various art forms Based in Gorwelion. Referral by key worker.	16+

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<b>Kinora</b>	28 St Mary Street Cardigan SA43 1DH	<b>01239 621365 - Office</b>	Drop in and resource centre offering a range of in house and outreach services predominantly for people with <b><u>mild to medium mental health problems</u></b> . Supporting People provider in North Pembrokeshire and South Ceredigion. <u>Opening Hours:</u> Monday, Tues, Weds, Thurs ,Friday and Sunday - 11.00am – 4.00 pm	18+
<b>Mentro Llust</b>	Mentro Llust Llanbadarn Fawr Aberystwyth SY23 3AU	<b>01970 612114</b>  <a href="mailto:marketing@mentrolluest.org">marketing@mentrolluest.org</a>  <a href="mailto:enquiries@mentrolluest.org">enquiries@mentrolluest.org</a>  <a href="http://www.mentrolluest.org">www.mentrolluest.org</a>	A series of short courses in horticulture and garden related subjects for students and volunteers. These courses are suitable for people with a learning disability, physical disability and/or <b><u>mental health problem</u></b> .	14+ for students  16+ for volunteers
<b>Mewn Golwg/Insight</b>	Blaencringoed Mydroilyn Lampeter SA48 7RD	<b>01545 580614</b> <b>07929437776</b>  <a href="mailto:insightmewngolwg@aol.com">insightmewngolwg@aol.com</a>	Insight/Mewn Golwg offer experiential workshops, using interactive games and exercises, centred on fun and creativity. The aim is to foster emotional well-being, self-development and a sense of community.	18+
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<b>MIND Aberystwyth</b>	Mrs Fiona Aldred Centre Manager MIND Aberystwyth The Mill Riverside Terrace Mill Street Aberystwyth SY23 1JB	<b>01970 626225</b>  <a href="mailto:info.mind@btconnect.com">info.mind@btconnect.com</a>	A safe and relaxing place for adults experiencing or recovering from <b>any level of mental illness</b> . The MIND Centre provides a range of activities including Art, Crafts, Music, Drama and Dance, Complimentary Therapies, Computers and Internet, Food and Mood and a Smoking Cessation Course. Carers, friends, family and supporters are all welcome. Support and advice is available.	18+
<b>Mind Your Heart/Codi Calon</b>	Jan Batty	<b>01570 423957</b> <b>07875 206777</b>  <a href="mailto:jan.batty@nphs.wales.nhs.uk">jan.batty@nphs.wales.nhs.uk</a>	Aims to improve the physical health of users of mental health services. Provides free training, information and support to staff and volunteers on physical activity, healthy eating, smoking cessation, stress reduction etc to support them in their work with clients.	18+
<b>Noddfa Aberaeron</b>	Mr Bert Moore British Legion Hall Oxford Street Aberaeron SY46 0JB	<b>01545 571537</b>	Drop in facilities on Tuesday and Thursday, 10.00 am – 2.00 pm for people with <b>mild mental health problems</b> . Range of activities, hot lunch.	20plus



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PRISM		<p>01570 422555</p> <p><a href="mailto:support@prism-credigion.org.uk">support@prism-credigion.org.uk</a></p> <p><a href="http://www.prism-online.info">www.prism-online.info</a></p>	<p>Prism provides free advice, support and information for adults who are affected by their own or someone else's use of alcohol. Prism promotes the non-use or sensible use of alcohol and promotes non-use of illicit drugs. Prism uses a social learning framework for all of its work and uses various motivational and cognitive behavioural techniques to facilitate change. We can help people achieve detoxification and residential treatments and we offer a range of substance misuse and motivational training courses for professionals. Referrals from any source.</p> <p><b>SUDDS</b> (Specialist Under 18's Drinking and Drugs Service) Provides free advice, support and information for young people who are affected by their own or someone else's substance misuse</p>	<p>18+</p> <p>Under 18</p>
Seibiant Managed by Hafal	Room C10 The Cambria Marine Terrace Aberystwyth SY23 2AZ	01970 624756 07973386188	Respite for carers of adults with <b><u>long-term mental illness</u></b> or who are in recovery.	18+

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Seren		0845 4561657  <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>	18+
The Gathering	Mrs Eurwen Booth Mrs Christine Price	01970 612615 01970 625323	Support group for relatives and friends of people who are experiencing or recovering from <b><u>mild, medium and severe mental illness.</u></b> Second Tuesday of each month at 7.00 pm, The Mill, Mill Street, Aberystwyth. Friendly, informal, like minded people in complete confidence.	All
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Tir Coed	Denmark Farm Bettws Bledrws Lampeter SA48 8PB Ty Lisburne Pontrhydygroes Ystrad Meurig Ceredigion SY25 6DQ	01570 493224  <a href="mailto:becky-tircoed@fsmail.net">becky-tircoed@fsmail.net</a>  01974 282476  <a href="mailto:Gwyneth@ystwyth-tircoed.fsnet.co.uk">Gwyneth@ystwyth-tircoed.fsnet.co.uk</a>	Woodland related activities for people suffering from <u>mild to medium mental health problems.</u> Group work. Training offered.	All

<b>The Wallich</b>	The Beardsey Borth High Street Borth	<b>01970 871605</b>  <a href="mailto:cyra.shimell@thewallich.net">cyra.shimell@thewallich.net</a>	The service helps to prevent homelessness by supporting people in their own home, assisting them to live independently and maintain a secure tenancy. Solutions worker. Two residential projects supporting people. Direct referrals through Local Authority.	16+
<b>West Wales Action for Mental Health</b>	The Mount 18 Queen Street Carmarthen	<b>07435963647</b> <b>01267 238367</b> <b>Ceredigion@wwamh.org.uk</b>	A mental health agency providing information, development, support and training to all mental health groups in the voluntary sector in Ceredigion. Monday – Friday 9.00 am – 5.00 pm	All
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<b>Ymateb Managed By Hafal</b>	The Cambria Marine Terrace Aberystwyth SY23 2AZ	<b>01970 624756</b>	Supporting People Scheme providing housing related support which is flexible, reliable and compliments existing care services	18+
<b>Yr Ystwyth Managed by Hafal</b>	1 Yr Hen Sgubor Cambrian Street Aberystwyth SY23 1NL	<b>01970 626866</b>	24 hour supported accommodation for 7 persons plus respite flat. Referrals through statutory agencies	18+
<b>Ceredigion Primary Care Team</b>	Manager Bleddyn Lewis <b>Llys Steffan</b> , Teras y Deml, Llanbedr Pont Steffan, Ceredigion, SA48 7BJ. <b>Llys Steffan</b> , Temple Terrace, Lampeter, Ce redigion, SA48 7BJ.	<b>Rhif Ffon/Tel: 01570 424223</b> <b>Fon Symudol/Mobile: 07772 642708</b>  <b>E- bost/Email: <a href="mailto:bleddyn.lewis@wales.nhs.uk">bleddyn.lewis@wales.nhs.uk</a></b>		<b>Bwrdd Iechyd Hywel Dda / Hywel Dda Health Board</b>

## **HELPLINES**

Help available over the phone.....

### **General Support and Advice**

#### **CALL**

All Wales Community Advice and Listening Line.

Mental health advice and support.

24 hour helpline

**Tel: 0800 132737 (Freephone)**

#### **Beating Eating Disorders (BEAT)**

Help for people affected by eating disorders and their families.

**Tel: 0845634 1414**

Mon-Fri 10.30 am – 8.30 pm

Saturday 1.00pm – 4.30 pm

Sunday – closed

Bank Holidays 11.30 am – 2.30 pm

Email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

#### **Youthline (Age 18 and under)**

**Tel: 0845 6347650**

Mon – Fri 4.30pm – 8.30 pm

Saturday 1.00 pm – 4.30 pm

Email: [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

Text Service: 07786201820

#### **First Steps to Freedom**

For people experiencing anxiety/panic attacks, OCD phobias, tranquilliser withdrawal.

Listening, support and information 10.00 am – 10.00 pm every day

**Tel: 0845 1202916**

#### **MDF Bi Polar Cymru**

Advice and information for people with Bi Polar and their families

**Tel: 0845 6 340080**

### **Mind Info Line**

**Tel: 0845 7660163 (local rate calls)**

Weekdays 9.00 am – 5.00 pm

**Legal Advice Line (Mental Health Law)**

Weekdays 9.00 am – 5.00 pm

### **NHS Direct Wales/Galw Iechyd Cymru**

Health advice and information service.

**Tel: 0845 4647**

### **No Panic**

Help for people with anxiety, panic attacks, OCD and phobias. Advice, information, listening. Self-help and support groups on the phone.

**Tel: 0808 8080545 (freephone)**

10.00 am – 10.00 pm

### **Rethink Severe Mental Illness (formally NSF)**

Information and advice on Schizophrenia and severe mental illness.

**Tel: 02089 746814**

### **Samaritans**

Confidential emotional support

**Tel: 0845 7 909090**

24 hour helpline

### **NAPAC**

**(National Assoc of People Abused in Childhood)**

**Tel: 0800 085 3330**

Mon – Fri 10.30 am – 9.00 pm

Website: [www.napac.org.uk](http://www.napac.org.uk)

### **Children and Young People**

#### **Childline**

Free confidential telephone help for children or young people.

Open 24 hours a day, everyday.

**Tel: 0800 1111 (freephone)**

[www.childline.org.uk](http://www.childline.org.uk)

#### **Young Minds – Parents Information Service**

Information and advice for parents or anyone concerned about the mental health of a child or young person.

**Tel: 0800 018 2138 (freephone)**

Mon - Fri 10.00 am – 4.00 pm

Weds evening 6.00 pm – 8.00 pm

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

## **Drugs, Alcohol and Addiction**

### **National Drugs Helpline**

Advice and information for anyone concerned about drug or solvent misuse.

**Tel: 0800 77 66 00 (24hr free phone)**

## **Housing and Homelessness**

### **Shelterline**

Homeless? Housing problems?

Advice and information line

**Tel: 0808 800 4444**

8.00 am – 12 midnight every day

Website: [www.shelter.org.uk](http://www.shelter.org.uk)

## **Older People**

### **Age Concern**

Information on community care, residential care, money, housing and legal issues.

**Tel: 0800 009966**

8.00 am – 7.00 pm 7 days a week

### **Alzheimer Helpline**

Helpline for people with dementia, carers and professionals

**0808 808 3000**

24 hour helpline

## **Women**

### **Bristol Crisis Service for Women**

Advice and help for women who self-harm.

**Tel: 0117 925 1119**

Fri & Sat 9.00 pm – 12.30 am

Sun 6.00 pm – 9.00 pm

### **Association for Post Natal Illness**

Advice and information for women, their friends and families and professionals

**0207 386 0868**

### **National Domestic Violence Helpline**

#### **(run in partnership with Women's Aid and Refuge)**

Crisis line – counselling support and welfare rights advice for women and children escaping domestic violence.

Network of refuges across the UK.

**0808 2000 247**

Website: [www.refuge.org.uk](http://www.refuge.org.uk)

Or: [www.womensaid.org.uk](http://www.womensaid.org.uk)