



## **Community Mental Health Support – COVID-19**

For more information, or to send an addition or amendment to the Community Mental Health Support-COVID-19 Directory, please contact:

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

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



## Community Mental Health Support – COVID-19

| Name                | Type of Support   | Telephone / Email / Facebook /Website   | Comments  |
|---------------------|---|---|---|
| 4 'Food Hubs'       | <ul style="list-style-type: none"><li>Support</li></ul>   | Telephone: 07415221811<br>Email: <a href="mailto:seanrees3@sky.com">seanrees3@sky.com</a>                 | 4 'Food Hubs' which are set up and operating in 'Glanymor Ward' run by community volunteers supporting our elderly, vulnerable and young families. Contact details are: Cllr Sean Rees, Llanelli Town Councillor, Glanymor Ward for additional support if experiencing difficulties |
| Active 10 (NHS APP) | <ul style="list-style-type: none"><li>Wellbeing</li></ul> | Website:<br><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.   |



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| <b>Advocacy West Wales / Eiriolaeth Gorllewin Cymru (AWW/EGC)</b> | <ul style="list-style-type: none"> <li>• Carers</li> <li>• Mental Health</li> <li>• Safeguarding</li> <li>• Support</li> </ul> | Website:<br><a href="http://www.advocacywestwales.org.uk">www.advocacywestwales.org.uk</a> | <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). <i>Tel: 01267 231122 (Carmarthenshire) or 01437 762935 (Pembrokeshire).</i></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) <i>Tel: 01267 223197 or FAX a referral to 01437 839174 or Email: imha@advocacywestwales.org.uk.</i></p> <p>Continued/...</p> |



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| <b>Advocacy West Wales / Eiriolaeth Gorllewin Cymru (AWW/EGC) / Continued/...</b> | <ul style="list-style-type: none"> <li>• Carers</li> <li>• Mental Health</li> <li>• Safeguarding</li> <li>• Support</li> </ul> | Website:<br><a href="http://www.advocacywestwales.org.uk">www.advocacywestwales.org.uk</a>  | Continued/...<br><br><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). <i>Tel: 01267 235427 (Carmarthenshire).</i><br><br><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. <i>Tel: FREEPHONE 0800 20161387.</i><br>Email: <a href="mailto:info@cipawales.org.uk">info@cipawales.org.uk</a> .<br>Website: <a href="http://www.cipawales.org.uk">http://www.cipawales.org.uk</a> . |
| <b>Age Cymru</b>  | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>   | Telephone: 08000 223444<br><br>Email: <a href="mailto:enquiries@agecymru.org.uk">enquiries@agecymru.org.uk</a><br><br>Website:<br><a href="https://www.ageuk.org.uk/cymru/">https://www.ageuk.org.uk/cymru/</a><br><br>Facebook:<br><a href="https://www.facebook.com/Age-Cymru-Sir-Gar-237052943365286/">https://www.facebook.com/Age-Cymru-Sir-Gar-237052943365286/</a> | 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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| <b>Age Cymru Dyfed – Digital Champions</b> | <ul style="list-style-type: none"> <li>Support</li> </ul>   | Tel: 01554 784080<br><br>Email: <a href="mailto:p.mcilroy@agecymru@agecymrudyfed.org.uk">p.mcilroy@agecymru@agecymrudyfed.org.uk</a>   | 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. |
| <b>Amethyst Project</b>                    | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Support</li> <li>Wellbeing</li> </ul> | Tel: 01239 615 952<br><br>Email: <a href="mailto:deri@smallworld.org.uk">deri@smallworld.org.uk</a><br><br>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.<br><br>Workshops also available for parents or guardians of young people that are struggling with the above issues.  |
| <b>Anna Freud</b>                          | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Support</li> </ul>                    | Website: <a href="https://www.annafreud.org/coronavirus">https://www.annafreud.org/coronavirus</a>   | Most of us are feeling concerned about the uncertainty of the current situation, and this will include young people. There is lots of advice on 'On My Mind', a website for young people created with young people, which includes our self-care resource with over 90 simple strategies that young people have told us help them when they are feeling low or anxious. Online.                                      |



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| <b>Antioch Foodbank- Llanelli</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>                      | Telephone: 01554 741674   | Antioch Foodbank- Llanelli, criteria - people in financial crisis. Contact 01554 741674 Tues and Thursday 12-2pm. No delivery available but can drop in to collect for others in need. A telephone call is needed for this to be set up for that person, leave a message if unable to answer or on a day they are not running, and they will contact back. VERIFIED  |
| <b>Apart of Me APP</b>            | <ul style="list-style-type: none"> <li>• Support</li> <li>• Wellbeing</li> </ul> | Website:<br><a href="https://apartofme.app/">https://apartofme.app/</a>   | Providing young people with a safe space to grieve, where they can hear from others who know how it feels and find strength and wisdom.  |
| <b>Area 43</b>                    | <ul style="list-style-type: none"> <li>• Support</li> </ul>                      | Telephone:<br>0800 0385778 / 01239 614566<br><br>Website (For self-referrals):<br><a href="https://www.area43.co.uk/referrals/">https://www.area43.co.uk/referrals/</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 and Carmarthenshire. Availability: Monday – Friday 09:30 – 17:00.<br><br>To access counselling support, please complete the self-referral link and a counsellor will contact you. |



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| <b>Area Mental Health Teams</b>                        | <ul style="list-style-type: none"><li>• Mental Health</li><li>• Support</li></ul> | Carmarthen: 01267 236017<br><br>Ammanford: 01269 595473<br><br>Llanelli: 01554 772768<br><br>Llandovery: 01550 777771<br><br>Website: <a href="http://www.wales.nhs.uk">www.wales.nhs.uk</a> | Monday to Friday 9am to 5pm for Social Services and Community Psychiatric Nurses.<br><br>Emergency out of hours for Social Services – Delta Wellbeing. 0300 333 2222. |
| <b>Amman Valley Support for Coronavirus (FB Group)</b> | <ul style="list-style-type: none"><li>• Support</li></ul>                         | Facebook:<br><a href="https://www.facebook.com/groups/342905956650233/about/">https://www.facebook.com/groups/342905956650233/about/</a>   | Sharing information and support offers.   |



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| <b>Arts Care Gofal Celf (ACGC)</b> | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Wellbeing</li> </ul> | Email: <a href="mailto:info@acgc.co.uk">info@acgc.co.uk</a><br><br>Facebook: <a href="https://www.facebook.com/acgcprojects_posts">https://www.facebook.com/acgcprojects_posts</a><br><br>Website: <a href="http://www.acgc.co.uk">www.acgc.co.uk</a> | Arts Care Gofal Celf is a professional charitable arts organisation based in Carmarthen, West Wales. We are experienced in delivering high quality projects for & with people of all ages, backgrounds and lifestyles. Closed at the moment but some online sessions on the FaceBook Page, including exercise classes and yoga. Classes available online 24/7.<br><a href="https://www.youtube.com/channel/UCBP35gb7CYzqeuf84404fzw">https://www.youtube.com/channel/UCBP35gb7CYzqeuf84404fzw</a> <a href="https://www.facebook.com/artscaregofalcelf/">https://www.facebook.com/artscaregofalcelf/</a> . |
| <b>Autism Wellbeing</b>            | <ul style="list-style-type: none"> <li>Support</li> </ul>                          | Tel: 07393 664048<br><br>Email: <a href="mailto:rorie@autismwellbeing.org.uk">rorie@autismwellbeing.org.uk</a>  | 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.   |
| <b>BrainPop</b>                    | <ul style="list-style-type: none"> <li>Wellbeing</li> </ul>                        | Website: <a href="https://www.brainpop.com/health/diseaseinjuriesandconditions/coronavirus/">https://www.brainpop.com/health/diseaseinjuriesandconditions/coronavirus/</a>  | Short video for children and young people who want to find out more about how viruses work, and the best ways to prevent them from infecting more people. Online.   |





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| <b>Branching Out Carmarthen and Kidwelly</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Facebook:<br><a href="https://www.facebook.com/Branching-Out-Carmarthen-Kidwelly-631034587339991/">https://www.facebook.com/Branching-Out-Carmarthen-Kidwelly-631034587339991/</a> | <p>A closed Facebook group for support to improve emotional wellbeing through peer support, chat with other members (ask to join after virtually signing the code of conduct agreement).</p> <p>Branching Out can currently offer, online meetings via Zoom (download the app to your device and ask for the link).</p> <p>Monday 8.45pm, Wednesday 7pm, Friday 6pm. Support via text, phone call, what's app, video call, email, message etc. Whatever suits members best. Signposting to other services available. Daily positivity posts and you can sign up for a newsletter. Contact Branching out via Messenger or FB.</p> |
| <b>Breathe APP</b>                           | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul>                    | Website:<br><a href="https://www.stopbreathethink.com/">https://www.stopbreathethink.com/</a>  | <p>Recommended by the NHS. Stop Breathe Think, Meditation &amp; mindfulness app to help you feel strong, connected and inspired through life's ups and downs.</p>  |



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| <b>Breath Works APP</b>                                      | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Wellbeing</li> </ul> | 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>Brechfa Village Shop, Community and Events (FB Group)</b> | <ul style="list-style-type: none"> <li>Support</li> </ul>                          | Facebook: <a href="https://www.facebook.com/groups/1762381443784208/">https://www.facebook.com/groups/1762381443784208/</a>  | Community Facebook support group.   |
| <b>Burry Port &amp; Pwll Food Bank</b>                       | <ul style="list-style-type: none"> <li>Support</li> </ul>                          | Telephone: Cllr Amanda Fox<br>07817185976<br><br>Telephone: Cllr John James<br>07949967976<br><br>Email: <a href="mailto:ALFox@cararthenshire.gov.uk">ALFox@cararthenshire.gov.uk</a><br><br>Email: <a href="mailto:johnjames@cararthenshire.gov.uk">johnjames@cararthenshire.gov.uk</a><br><br>Facebook Page: County Councillors<br>Amanda Fox & John James | Food Bank Support for the Residents of Burry Port and Pwll. County Cllrs. Amanda Fox and John James in conjunction with Carmarthenshire County Council and Pwll County Councillors and with the help of local businesses, private donations and volunteers have set up a Foodbank covering Burry Port and Pwll as well as offering shopping and prescription collection. Also, giving support and assistance with changes in personal circumstances caused by the recent crisis as well as helping with Social Care issues. Contact Cllr. Amanda Fox, <a href="mailto:ALFox@cararthenshire.gov.uk">ALFox@cararthenshire.gov.uk</a> , 07817 185976, Cllr. John James: <a href="mailto:johnjames@cararthenshire.gov.uk">johnjames@cararthenshire.gov.uk</a> , 07949 967496, Facebook Page: County Councillors Amanda Fox & John James. VERIFIED |



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| <b>CALL Helpline</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 0800 132727<br>Text 81066<br>Website: <a href="http://www.callhelpline.org.uk/">http://www.callhelpline.org.uk/</a> | Community Advice and Listening Line. 24-hour mental health helpline funded by the Welsh Government. CALL offers emotional support and information/literature on mental health and related matters to the people of Wales. Online, helpline, text. English/Welsh.   |
| <b>CALM Helpline</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 0800 585858<br>Website: <a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>                     | The Campaign Against Living Miserably (CALM) is a leading movement against suicide, the single biggest killer of men under 45 in the UK and the cause of 18 deaths every day. Join the campaign to take a stand against suicide. Need Help? Call the helpline 5pm - midnight, 365 days a year or find help online through the website www.thecalmzone.net. Webchat facility available. |
| <b>CAMFAN</b>        | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>                      | Telephone:<br>01570 421190 / 07790377159   | Telephone support service available and some face to face support 3 days a week for individuals on a 1-1 basis. This is by appointment only and has to be pre-booked.  |



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| <b>Canolfan Maerdy, Community Hub &amp; Centre, Ammanford</b> |   | Telephone: 01269 826893   | Community Hub and Centre. Community Car. Online access for CAB advice and essential services. Open weekdays. The Food Hub is open 10.30 to 3pm. Access to computers. |
| <b>Carers Unit</b>  | <ul style="list-style-type: none"> <li>• Carers</li> </ul>  | Telephone: 01970 633564<br><br>Email: <a href="mailto:carersunit@ceredigion.gov.uk">carersunit@ceredigion.gov.uk</a><br><br>Website:<br><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.  |
| <b>Carmarthen Area Support Group FB Group</b>                 | <ul style="list-style-type: none"> <li>• Support</li> </ul> | Facebook:<br><a href="https://www.facebook.com/groups/601735697077761/">https://www.facebook.com/groups/601735697077761/</a>  | Offers various support – Facebook - Support group  |
| <b>Carmarthen Food Bank</b>                                   | <ul style="list-style-type: none"> <li>• Support</li> </ul> | Telephone: '01267 225996 / 01267 232101<br><br>Website:<br><a href="http://www.carmarthenfoodbank@towychurch.co.uk/">www.carmarthenfoodbank@towychurch.co.uk/</a>   | Provision for those in need.   |



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| <b>Carmarthenshire Area Support group FB</b>   | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Facebook:<br><a href="https://www.facebook.com/groups/601735697077761/">https://www.facebook.com/groups/601735697077761/</a>  | Carmarthen Area Support Group offers various support. Facebook - Support group   |
| <b>Carmarthenshire Carers (Carers Trust)</b>   | <ul style="list-style-type: none"> <li>• Carers</li> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 0300 0200 002<br><br>Website:<br><a href="https://www.carmarthenshirecarers.org.uk">https://www.carmarthenshirecarers.org.uk</a>   | Supporting and talking to carers and their families in Carmarthenshire. Offering: telephone support, practical support e.g. shopping and medication collection, accessing PPE (Personal Protection Equipment), emergency and contingency planning, accessing carers grants, carers rights, legal rights via New Law Solicitors, specialist information and factsheets.   |
| <b>Carmarthenshire Community Safety Manager for Mid and West Wales Fire and Rescue Service</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Telephone: 0800 169 1234<br><br>Email:<br><a href="mailto:cfscarmarthenshire@mawwfire.gov.uk">cfscarmarthenshire@mawwfire.gov.uk</a><br><br>Website: <a href="http://www.mawwfire.gov.uk">www.mawwfire.gov.uk</a> | In normal times we have a dedicated team to deliver free Home Fire Safety advice and equipment to the people of Carmarthenshire, however, due to the current climate and to minimise the risk of Covid spread, we've temporarily ceased our home visits. As an alternative, we are providing over the phone advice and can send out or deliver free smoke alarms etc to those who need them. Individuals can contact us by phone or email on freephone 0800 169 1234 or email: <a href="mailto:cfscarmarthenshire@mawwfire.gov.uk">cfscarmarthenshire@mawwfire.gov.uk</a> . Website - <a href="http://www.mawwfire.gov.uk">www.mawwfire.gov.uk</a> |



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| <b>Carmarthenshire County Council Newsroom</b>  | <ul style="list-style-type: none"> <li>• Support</li> <li>• Volunteering</li> </ul> | Website:<br><a href="http://newsroom.carmarthenshire.gov.wales/2020/02/coronavirus-covid-19-guidance/#.XpiJSEtKjIU">http://newsroom.carmarthenshire.gov.wales/2020/02/coronavirus-covid-19-guidance/#.XpiJSEtKjIU</a> | To view updated information on community services. |
| <b>Carmarthenshire Covid-19 Support Group (FB Group)</b>                                | <ul style="list-style-type: none"> <li>• Support</li> </ul>                         | Facebook:<br><a href="https://www.facebook.com/groups/827580067719862/about/">https://www.facebook.com/groups/827580067719862/about/</a>  | Community Facebook support group.                  |
| <b>Carmarthenshire West &amp; South Pembrokeshire Covid 19 Support Group (FB Group)</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>                         | Facebook:<br><a href="https://www.facebook.com/groups/231551228021854/">https://www.facebook.com/groups/231551228021854/</a>  | Community Facebook support group.                  |
| <b>Carmarthenshire Young Farmers Clubs</b>  | <ul style="list-style-type: none"> <li>• Support</li> </ul>                         | Telephone: 01267 237693 /<br>07375673046  | Support and help.                                  |



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| <b>Carmarthen Town Council</b> | • Support       | Telephone:<br>07796 134 991<br><br>Website:<br><a href="http://www.carmarthenstowncouncil.gov.uk">http://www.carmarthenstowncouncil.gov.uk</a><br><br>Facebook:<br><a href="https://www.facebook.com/Cyngor-Tref-Caerfyrddin-Carmarthen-Town-Council-578432558989732/">https://www.facebook.com/Cyngor-Tref-Caerfyrddin-Carmarthen-Town-Council-578432558989732/</a><br><br>Twitter:<br><a href="https://twitter.com/CarmarthenTownC">https://twitter.com/CarmarthenTownC</a><br><br>Email:<br><a href="mailto:ajharries@carmarhentowncouncil.gov.uk">ajharries@carmarhentowncouncil.gov.uk</a> | Members of several Facebook groups that have been set up to spread messages and key information that people may find helpful. |



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| <b>Catch It (NHS APP)</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>              | 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>Catch Up</b>           | <ul style="list-style-type: none"> <li>• Carers</li> <li>• Benefits</li> <li>• Support</li> </ul> | Telephone: 01554 776850<br><br>Email: <a href="mailto:Catchup@camarthenshirecarers.org.uk">Catchup@camarthenshirecarers.org.uk</a> | <p>CATCHUP Welfare Benefits team are available for telephone information, advice and benefit checks and are also able to support with benefit applications and form filling over the phone.</p> <p>They have telephone appointments available for next week for form filling or ring any time between 8.30 and 2.30 for benefit advice.</p> <p>Support available include help with Benefit Enquiries, Benefit Advice and Entitlements, Welfare Benefits, Form Filling (PIP, Carers Allowance, Attendance Allowance, ESA, etc.), Welfare Benefit Checks, Reviews, Reconsiderations, Appeal Tribunals, Information and Signposting for specialist debt and financial advice.</p> |





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|---|--|---|---|
| <b>CAVS</b>   | <ul style="list-style-type: none"> <li>Support</li> </ul>                    | Telephone: 01267 245555<br><br>Email: <a href="mailto:admin@cavs.org.uk">admin@cavs.org.uk</a><br><br>Website:<br><a href="http://www.cavs.org.uk/category/covid-19/">http://www.cavs.org.uk/category/covid-19/</a>           | CAVs are currently offering a Telephone Briefing Support Scheme. If you feel lonely, isolated, or just need to chat to a friendly person, then please call or email. We will organise one of our volunteers to give you a call. Also, for updated information on volunteering and the third sector. |
| <b>Ceredigion COVID 19 Support Group (FB Group)</b> | <ul style="list-style-type: none"> <li>Support</li> </ul>                    | Facebook:<br><a href="https://www.facebook.com/groups/CeredigionCoronavirusSupport/">https://www.facebook.com/groups/CeredigionCoronavirusSupport/</a>  | Community Facebook support group.   |
| <b>Change4Life</b>                                  | <ul style="list-style-type: none"> <li>Wellbeing</li> </ul>                  | Website:<br><a href="https://www.nhs.uk/change4life/activities/indoor-activities">https://www.nhs.uk/change4life/activities/indoor-activities</a>   | Easy ways for young people to keep active if you cannot get outdoors. Get started with our easy-to-follow Shake Up games inspired by your favourite Disney characters. Online.  |
| <b>Child Bereavement UK</b>                         | <ul style="list-style-type: none"> <li>Support</li> <li>Wellbeing</li> </ul> | Website:<br><a href="https://www.childbereavementuk.org/young-people">https://www.childbereavementuk.org/young-people</a><br><br>Email:<br><a href="mailto:support@childbereavementuk.org">support@childbereavementuk.org</a> | Supports families both when a child dies or is dying, and when a child is facing bereavement. Online, helpline, live chat, email, app.  |



**Community Mental Health Support – COVID-19**

| Name   | Type of Support  | Telephone / Email / Facebook /Website  | Comments   |
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| <b>Childline</b>   | <ul style="list-style-type: none"> <li>• Support</li> <li>• Wellbeing</li> </ul>   | Telephone: 0800 1111<br><br>Website:<br><a href="http://www.childline.org.uk">www.childline.org.uk</a> | Childline is yours – a free, private and confidential service where anyone under 19 in the UK can talk about anything. Helpline: 0800 1111; Monday-Sunday, 9.00am - Midnight. Online, Helpline, Live Chat. English/Welsh.  |
| <b>Chill Panda APP</b>                                     | <ul style="list-style-type: none"> <li>• Wellbeing</li> </ul>  | Website:<br><a href="http://chillpanda.co.uk/">http://chillpanda.co.uk/</a>                            | App with games to help children manage their heart rate and anxiety.   |
| <b>CIPA - Ceredigion Independent Professional Advocacy</b> | <ul style="list-style-type: none"> <li>• Carers</li> <li>• Mental Health</li> <li>• Safeguarding</li> <li>• Support</li> </ul> | Telephone: 0800 2061387<br><br>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> |



Community Mental Health Support – COVID-19

| Name                                  | Type of Support   | Telephone / Email / Facebook /Website   | Comments  |
|---------------------------------------|---|---|---|
| <p><b>Citizen’s Advice Bureau</b></p> | <ul style="list-style-type: none"> <li>Support</li> </ul> | <p>Telephone:</p> <p>Ammanford – 01269 592267<br/>           Carmarthen – 01267 234488<br/>           Llanelli – 01554 759626</p> | <p>CAB currently have 21 advisers working from home able to answer your questions on the numbers below.</p> <p><b>Open:</b><br/>           Monday – Thursday: 9am-4pm<br/>           Friday: 9am – 2pm</p> <p>They have dedicated UNIVERSAL CREDIT, WELFARE BENEFITS, DEBT, ENERGY EFFICIENCY and GENERALISTS Lines.</p> <p><b>General Advice</b><br/>           Ammanford – 01269 592267<br/>           Carmarthen – 01267 234488<br/>           Llanelli – 01554 759626</p> <p><b>Specialist Advice:</b><br/>           Debt – 01267 231275<br/>           Welfare Benefits – 01267 231742<br/>           Universal Credit – 07957 668187<br/>           Energy Efficiency – 07565 562282</p> <p>Updates via Twitter @C_ShireCA</p> |



## Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website  | Comments   |
|---|---|--|--|
| <b>Clear Fear APP</b>   | <ul style="list-style-type: none"> <li>• Mental Health</li> </ul> | Website:<br><a href="https://www.clearfear.co.uk/">https://www.clearfear.co.uk/</a>  | App for teenagers' mental health, which uses Cognitive Behavioural Therapy techniques to learn to reduce the physical responses to anxiety.  |
| <b>Community Action Group Kidwelly and Mynydd y Garreg FB Group</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>       | Facebook:<br><a href="https://www.facebook.com/groups/2308489282784675/">https://www.facebook.com/groups/2308489282784675/</a>   | Group of Volunteers that are here to offer support and help during this Coronavirus Health Crisis for the people of Kidwelly and Mynydd Y Garreg. Contact via Facebook: <a href="https://www.facebook.com/groups/2308489282784675/">https://www.facebook.com/groups/2308489282784675/</a> VERIFIED |
| <b>Community Connectors</b>   | <ul style="list-style-type: none"> <li>• Support</li> </ul>       | Telephone: 01437 769422<br><br>Email:<br><a href="mailto:communityconnectors@pavs.org.uk">communityconnectors@pavs.org.uk</a><br><br>Website: <a href="http://www.pavs.org.uk">www.pavs.org.uk</a> | Connecting people to information, local services and activities. Connectors can support individuals to take positive steps to improve health & wellbeing, encourage social interaction, and help people to enjoy a more independent life within their communities of Pembrokeshire.                |



Community Mental Health Support – COVID-19

| Name                               | Type of Support   | Telephone / Email / Facebook /Website  | Comments   |
|------------------------------------|---|--|--|
| <b>Community Co-ordination Hub</b> | <ul style="list-style-type: none"> <li>• Benefits</li> <li>• Carers</li> <li>• Data Protection</li> <li>• Domestic Abuse</li> <li>• Government Support</li> <li>• Mental Health</li> <li>• Safeguarding</li> <li>• Scams</li> <li>• Support</li> <li>• Volunteering</li> <li>• Wellbeing</li> </ul> | Telephone: 01437 776301<br><br>Email: <a href="mailto:communitycovid19@pembrokeshire.gov.uk">communitycovid19@pembrokeshire.gov.uk</a> | A one-stop shop for those seeking help with tasks such as shopping (as a result of self-isolation); those able to provide help, and those involved in community volunteer networks |



**Community Mental Health Support – COVID-19**

| <b>Name</b>             | <b>Type of Support</b>   | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
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| <b>Connect Cysylltu</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul> | <p>www.connectcarmarthenshire.org.uk /<br/>www.cyslltusirgar.cymru</p> <p>www.connectpembrokeshire.org.uk /<br/>www.cyslltusirbefro.cymru</p> <p>www.connectceredigion.org.uk /<br/>www.cysylltuceredigion.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> |



Community Mental Health Support – COVID-19

| Name                             | Type of Support   | Telephone / Email / Facebook /Website   | Comments   |
|----------------------------------|---|---|--|
| <b>Connect 2 Carmarthenshire</b> | <ul style="list-style-type: none"> <li>• Volunteering</li> <li>• Support</li> </ul> | Website:<br><a href="https://connect2carmarthenshire.org.uk/">https://connect2carmarthenshire.org.uk/</a><br><br><a href="http://www.deltawellbeing.org.uk/delta-connect/">http://www.deltawellbeing.org.uk/delta-connect/</a><br><br>Email: <a href="mailto:susansmith@cccpartners.org.uk">susansmith@cccpartners.org.uk</a> | <p>Connect 2 Carmarthenshire offer a service where you are able to request support or offer support and help through informal volunteering. <a href="https://connect2carmarthenshire.org.uk/">https://connect2carmarthenshire.org.uk/</a></p> <p>Connect 2 Carmarthenshire hold a full listing of businesses, volunteers and third sector organisations offering Meal Delivery, Shopping, Medication collection, general support during COVID 19 outbreak, which is continually being updated.</p> <p>For any enquiries, changes or new services identified please contact:<br/> <a href="mailto:susansmith@cccpartners.org.uk">susansmith@cccpartners.org.uk</a>.</p> <p>For people who are not digitally included they can have a coordinator or other member put a request up for them.</p> <p>If you want to know more please contact Sue Smith Email: <a href="mailto:susansmith@cccpartners.org.uk">susansmith@cccpartners.org.uk</a> or you can view this video to see how it works, <a href="https://www.youtube.com/watch?v=oyxCs8kOZik&amp;feature=youtu.be&amp;fbclid=IwAR3c17w04WzI MA6YK1CP_P27G2XpZJ7Iaa_h7eHbNPektoNu3jbYgACwEi4">https://www.youtube.com/watch?v=oyxCs8kOZik&amp;feature=youtu.be&amp;fbclid=IwAR3c17w04WzI MA6YK1CP_P27G2XpZJ7Iaa_h7eHbNPektoNu3jbYgACwEi4</a>.</p> |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                                    | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>  | <b>Comments</b>   |
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| <b>Connect2 Kindness</b>                       | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Facebook:<br><a href="https://www.facebook.com/coronaviruslanelli/">https://www.facebook.com/coronaviruslanelli/</a>  | Community Information shared from FaceBook.   |
| <b>Couch to 5K (NHS APP)</b>                   | <ul style="list-style-type: none"> <li>• Wellbeing</li> </ul>   | Website:<br><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> | NHS App helping you build up with a mix of running and walking from couch potato to 5K in just 9 weeks. |
| <b>Covid-19 Carmarthen Community Care</b>      | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Telephone: 07796134881<br><br>Email:<br><a href="mailto:carmarthencommunitycare@gmail.com">carmarthencommunitycare@gmail.com</a>                                  | Help, medicine, shopping, elderly, support group  |
| <b>Covid19 Ponthenri / Ponyates (FB Group)</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Facebook:<br><a href="https://www.facebook.com/groups/213263739940154">https://www.facebook.com/groups/213263739940154</a>  | Volunteers and local information.   |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                               | <b>Type of Support</b>                                    | <b>Telephone / Email / Facebook /Website</b>  | <b>Comments</b>  |
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| <b>Credu – Gofalwyr Ceredigion Carers</b> | <ul style="list-style-type: none"> <li>Carers</li> </ul>  | Tel: 0333 014 3377<br><br>Email: <a href="mailto:ceredigion@credu.cymru">ceredigion@credu.cymru</a><br><br>Website: <a href="https://credu.cymru/gofalwyr-ceredigion-carers/">https://credu.cymru/gofalwyr-ceredigion-carers/</a> | Support for Carers and Families.   |
| <b>Cruse</b>                              | <ul style="list-style-type: none"> <li>Support</li> </ul> | Website:<br><a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a>   | Charity offering bereavement support and a helpline for those struggling with loss. Cruse Bereavement Care Wales’s vision is that all bereaved people have somewhere to turn when someone dies. Online, helpline.  |
| <b>Cross Hands Day Centre Food Bank</b>   | <ul style="list-style-type: none"> <li>Support</li> </ul> | Telephone: 0797 6836209   | FOOD BANK: Cross Hands Day Centre (back building behind the cinema) Open from 10.00am to 12.30pm. Not open Bank Holiday Sunday and Monday, but Saturday - Friday 10.00am – 2.00pm The foodbank is open to everyone. If you wish to donate, offer to volunteer or need to ask any questions, please go along Mon-Sun at the times mentioned. Contact Rev Jones on 0797 6836209 anytime, either ring and collect or deliveries available in the Cross Hands, Tumble, Llannon, Gorslas, areas, wider areas considered. Please use delivery only if self-isolating and can’t get out. VERFIED UPDATED INFO |



Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website  | Comments   |
|---|---|--|--|
| <b>CYCA – Connecting Youth, Children &amp; Adults</b> | <ul style="list-style-type: none"> <li>• Support</li> <li>• Wellbeing</li> </ul>                          | Email: <a href="mailto:support@cycaonline.org">support@cycaonline.org</a>  | Wellbeing service for families and professionals. Provide Support, Counselling and training. The service covers Carmarthenshire, Pembrokeshire and Ceredigion.   |
| <b>Cyfle Cymru</b>                                    | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>                      | Telephone: 01267 231634<br>Email: <a href="mailto:ask@cyflecymru.com">ask@cyflecymru.com</a>                                   | Cyfle Cymru offer a Peer Mentoring Service. Wellbeing apps and other diversionary activities. Mental health resources and workbooks including a 24/7 online mental health Chat Service. Help with delivering food and other essential items. A friendly phone call. Employment support including job searching and CV writing. Signposting to other services. Online accredited courses. |
| <b>Days Off (NHS APP)</b>                             | <ul style="list-style-type: none"> <li>• Wellbeing</li> </ul>   | 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>DCWales Training</b>                               | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Website: <a href="https://padlet.com/dcwalestraining/Mental_Health">https://padlet.com/dcwalestraining/Mental_Health</a>       | Free resources and advice that might be of use to people during the COVID outbreak.  |



Community Mental Health Support – COVID-19

| Name                                       | Type of Support  | Telephone / Email / Facebook /Website  | Comments   |
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| <b>Daylio Diary Mood Tracker (NHS APP)</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul> | 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>Dezza's Cabin</b>                       | <ul style="list-style-type: none"> <li>• Mental Health</li> </ul>                      | Email: <a href="mailto:dezzascabinkw@gmail.com">dezzascabinkw@gmail.com</a><br><br>Website: <a href="http://dezzascabinsupport.co.uk">dezzascabinsupport.co.uk</a> | Dezza's is a local not-for-profit charity who have been formed to support vulnerable people within our community who may be suffering with poor Mental Health or any other difficulties. We are resident in 2 locations: Monkton Community Centre on Fridays, where we offer parent and toddler groups, a group for anyone to attend in order to socialise and also a meditation session.<br><br>We also have a drop-in centre at 17A High Street, Haverfordwest open Monday to Saturday 09:00 to 16:30, where people can talk to staff about their issues and we will find appropriate support and/or signposting.<br><br>Continued/... |
| Name                                       | Type of Support  | Telephone / Email / Facebook /Website  | Comments   |



### Community Mental Health Support – COVID-19

|  |   |   |   |
|--|---|---|---|
| <b>Dezza's Cabin Continued/...</b>         |   |   | <p>Continued/...</p> <p>We will also be holding Mental Health coffee mornings where people suffering with poor mental health can meet others in similar situations and speak openly about Mental Health, hopefully removing the stigma associated with poor mental health. We are able to offer support on the phone and via Facebook, no face to face group sessions at the moment. All the support on offer will be advertised on Dezza's Cabin Facebook.</p> |
| <b>DistrACT APP</b>                        | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | <p>Website: <a href="https://www.expertselfcare.com/">https://www.expertselfcare.com/</a></p>   | <p>The award-winning distrACT app provides trusted information and links to support for people who self-harm and may feel suicidal.</p>   |
| <b>DPJ Foundation</b>                      | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | <p>Tel: 0800 587 4262</p> <p>Text: 07860 048799</p> <p>Email: <a href="mailto:contact@thedpjfoundation.com">contact@thedpjfoundation.com</a></p> <p>Website: <a href="http://www.thedpjfoundation.com">www.thedpjfoundation.com</a></p> | <p>We support people in rural communities with poor mental health, especially men in the agricultural sector.</p>   |
| <b>Delta Wellbeing (Formally Careline)</b> | <ul style="list-style-type: none"> <li>• Support</li> <li>• Wellbeing</li> </ul>                          | <p>Telephone: 0300 3332222</p> <p>Website: <a href="http://www.deltawellbeing.org.uk/">http://www.deltawellbeing.org.uk/</a></p>  | <p>Offering support, advice and to identify any social care issues that need further support, volunteer coordination</p>  |



Community Mental Health Support – COVID-19

| Name                                       | Type of Support  | Telephone / Email / Facebook /Website   | Comments   |
|--|--|---|--|
| <b>Dr. Mz's – Carmarthen Youth Project</b> | <ul style="list-style-type: none"> <li>• Support</li> <li>• Wellbeing</li> </ul>       | Tel: 01267 222786<br>Email: <a href="mailto:office@drmz.co.uk">office@drmz.co.uk</a><br>Website: <a href="http://www.drmz.co.uk">www.drmz.co.uk</a>   |  |
| <b>Easy Meals (NHS APP)</b>                | <ul style="list-style-type: none"> <li>• Wellbeing</li> </ul>                          | 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>E-Couch</b>                             | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul> | Website: <a href="https://ecouch.anu.edu.au/welcome">https://ecouch.anu.edu.au/welcome</a>  | E-Couch is a website that provides information on emotional problems, what causes them and how to prevent and treat them. Including exercises and strategies to improve understanding yourself and others and ways of improving your life. Register for free.  |
| <b>Eiriol Mental Health Advocacy</b>       | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>   | Tel: 01267 231122<br>Email: <a href="mailto:admin@advocacywestwales.org.uk">admin@advocacywestwales.org.uk</a><br>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> |



**Community Mental Health Support – COVID-19**

| <b>Name</b>               | <b>Type of Support</b>   | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
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| <b>Elefriends APP</b>     | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>   | 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>Equoo APP</b>          | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul> | Website: <a href="https://equoogame.com/">https://equoogame.com/</a>   | Uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.   |
| <b>Every Mind Matters</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>   | Website: <a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>   | It's natural to feel anxious during times of uncertainty. Find guidance, advice and tips on how to maintain your mental wellbeing and deal with anxiety about the coronavirus (COVID-19) outbreak. Online.  |
| <b>Every Mind Matters</b> | <ul style="list-style-type: none"> <li>• Wellbeing</li> </ul>                          | Website: <a href="https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/">https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/</a> | Getting exercise doesn't need to be difficult – you don't even need to leave the house! Clear some space in the living room and give our easy 10-minute workouts a go. Online.  |

**Community Mental Health Support – COVID-19**

| <b>Name</b>            | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>  |
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| <b>Give Us A Shout</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Text: 85258<br><br>Website:<br><a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a> | <p>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.</p> <p>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.</p>   |
| <b>Goldies Cymru</b>   | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Facebook:<br><a href="http://www.facebook.com/goldiescymru">http://www.facebook.com/goldiescymru</a>     | <p>At Goldies Cymru we want to try and do everything we can to help people feel connected, and continue to brighten up the day with a Goldies Mini Sing &amp; Smile session once a week through our Facebook page. We want to encourage everyone who can to tune in, join in, sing-a-long. Many of our ageing community are now on Facebook and we hope to reach as many people as possible.</p> <p>Every week we will have either a pre-recorded Mini session or a LIVE session, as well as other posts throughout the coming weeks to engage with those that are lonely and isolated. We hope that people will join in with us, send in requests, comment and share our posts and videos to help keep the Goldies and wider community feel connected at this time.</p> <p>YouTube channel now available where we will upload all of our Mini sessions and more.<br/> <a href="https://www.youtube.com/user/UKgoldies">https://www.youtube.com/user/UKgoldies</a></p> |

**Community Mental Health Support – COVID-19**

| <b>Name</b>            | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
|------------------------|---|--|---|
| <b>Grief Encounter</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Telephone: 0808 8020111<br><br>Website: <a href="https://www.griefencounter.org.uk/">https://www.griefencounter.org.uk/</a><br><br>Email: <a href="mailto:griefftalk@griefencounter.org.uk">griefftalk@griefencounter.org.uk</a> | We support bereaved children and their families to help alleviate the pain caused by the death of someone close. Online, helpline, email.<br><br>Helpline: 0808 802 0111;<br>Monday-Friday, 9:00 - 9:00pm   |
| <b>Hafal</b>           | <ul style="list-style-type: none"> <li>• Carers</li> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: Head Office 01792 816600<br><br>Telephone: Hafal Carmarthen 01267 223365<br><br>Website: <a href="https://hafal.org">https://hafal.org</a>  | Hafal is a Wales-wide charity for people with serious mental illness and their carers. Offers family support, general support, information and advice. Hafal has put in place local and national plans to manage their services. They have appointed a team within the organisation to deal with COVID issues and this is led by Judith Major, National Coordinator for Hafal Wales-wide. Head Office 01792 816600 (Normal Office Hours) Hafal's five tips on looking after your mental health during the coronavirus outbreak: <a href="https://www.hafal.org/2020/03/five-tips-for-looking-after-your-mental-health-during-the-coronavirus-outbreak/">https://www.hafal.org/2020/03/five-tips-for-looking-after-your-mental-health-during-the-coronavirus-outbreak/</a> . If they are unable to support at the time then members of the public who contact the service will be covered by the Hafal Promise. Every person in a client group who seeks help from the Charity will receive lasting friendly contact through membership of Hafal and through its online community <a href="https://clic-uk.org/">https://clic-uk.org/</a> .<br><br>Continued/... |





Community Mental Health Support – COVID-19

| Name                                  | Type of Support   | Telephone / Email / Facebook /Website  | Comments   |
|---------------------------------------|---|--|--|
| <p><b>Hafal</b><br/>Continued/...</p> |   |  | <p>Continued/...</p> <p>If there is no response on the numbers provided between the hours of 09:00-17:00 hours Monday to Friday then members of the public can also contact Hafal Head Office on 01792 816600 where they can speak to one of the staff who will also try and assist and signpost.</p>  |
| <p><b>Hafal Crossroads</b></p>        | <ul style="list-style-type: none"> <li>• Carers</li> <li>• Support</li> </ul> | <p>Tel: 01437 764639</p> <p>Email: <a href="mailto:crossroads@hafal.org">crossroads@hafal.org</a></p> <p>Website: <a href="http://www.hafal.org/crossroads">www.hafal.org/crossroads</a></p> | <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>Pembrokeshire Carers Information &amp; Support Service – Telephone: 01437 611002 / Email: <a href="mailto:pciss@hafal.org">pciss@hafal.org</a></p> <p>Emergency Card Service for Carers – Telephone: 01437 611002.</p> |



Community Mental Health Support – COVID-19

| Name                                   | Type of Support   | Telephone / Email / Facebook /Website                                    | Comments  |
|--|---|--|---|
| <b>Hafal Tenby Resource Initiative</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 01834 844177  | Available to help non Hafal members who are struggling with their Mental Health, individuals can contact TRI and leave a message with their number and staff will return the call. If they are unable to support at the time, then members of the public who contact the service will be covered by the HAFAL Promise. Every person in a client group who seeks help from the Charity will receive lasting friendly contact through membership of Hafal and through its online community <a href="https://clic-uk.org/">https://clic-uk.org/</a> . If there is no response on the numbers provided then between the hours of 0900 – 1700 hours Monday to Friday then members of the public can also contact Hafal Head Office on 01792 816600 where they can speak to one of the staff who will also try and assist and signpost. |
| <b>Happier APP</b>                     | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul>                    | 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>Head Above the Waves</b>            | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>                      | Website: <a href="https://hatw.co.uk/">https://hatw.co.uk/</a>           | Promotes positive, creative ways for young people to dealing with depression and self-harm. Online.   |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                      | <b>Type of Support</b>                                    | <b>Telephone / Email / Facebook /Website</b>  | <b>Comments</b>  |
|----------------------------------|---|---|--|
| <b>Help for Heroes</b>           | <ul style="list-style-type: none"> <li>Support</li> </ul> | Website:<br><a href="https://walesconnected.co.uk/covid-19-help-for-heroes-adapting-services-to-veterans-in-wales-hereford-and-delivering-support-to-frontline-workers-across-the-country/">https://walesconnected.co.uk/covid-19-help-for-heroes-adapting-services-to-veterans-in-wales-hereford-and-delivering-support-to-frontline-workers-across-the-country/</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. Adapting services during COVID-19 pandemic. Not currently offering face to face support, however, still offering welfare, clinical liaison medical advice, psychological support and individual grant requests. Please access information via website. |
| <b>Help Llandoverly FB Group</b> | <ul style="list-style-type: none"> <li>Support</li> </ul> | Telephone: 01550721499<br><br>Facebook:<br><a href="https://www.facebook.com/helpllandoverly">https://www.facebook.com/helpllandoverly</a>  | Coordinating facebook page, linking residents and telephone contact details for all residents without WiFi/broadband.  |



**Community Mental Health Support – COVID-19**

| Name                 | Type of Support   | Telephone / Email / Facebook /Website  | Comments  |
|----------------------|---|--|---|
| <b>Hope Again</b>    | <ul style="list-style-type: none"> <li>Support</li> </ul>   | Telephone: 0808 808 167<br><br>Website: <a href="https://www.hopeagain.org.uk/">https://www.hopeagain.org.uk/</a><br><br>Email: Email: helpline@cruse.org.uk | Cruse Bereavement Care's website for young people. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Online, helpline, email.<br><br>Helpline: 0808 808 1677: Monday-Friday, 9:30am - 5:00pm   |
| <b>HUTS</b>          | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Support</li> <li>Wellbeing</li> </ul> | Telephone: 01239 710377<br><br>Website: <a href="http://www.hutsworkshop.org">www.hutsworkshop.org</a>   | HUTS is a mental health and learning disability charity.<br><br>Providing arts and crafts therapeutic workshops for people with experience of mental health problems.<br><br>Call and Chat service for 18+<br>Call on 01239 710377 Mon-Fri 10am-2pm<br>Support and Signposting<br>Confidential.<br><br>Referral Only.<br><br>Home Befriending Service in South Ceredigion only. (No new referral at the moment for this service). |
| <b>Hywel Dda UHB</b> | <ul style="list-style-type: none"> <li>Support</li> </ul>   | Telephone: 0300 0200 159   | Public call line for general queries or concerns<br>0300 0200 159.  |

Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website  | Comments   |
|---|---|--|--|
| <b>IAWN</b>   | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Website: <a href="https://www.iawn.wales.nhs.uk">https://www.iawn.wales.nhs.uk</a>   | Online resources and information on mental health to enable people to self-help and know where to access further support should they need it. Primary Care Mental Health Support website developed by Hywel Dda UHB with excellent information resource leaflets, audio files and films on lots of different health difficulties. Leaflets on managing anxiety, managing sleep problems, managing depression etc. Also guide to relaxation and medication on the site. Available 24/7. |
| <b>Incredible Food Share - (Incredible Edible Carmarthenshire)</b>    | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Telephone: 07814397999<br>Facebook:<br><a href="https://www.facebook.com/groups/224874001178723/about/">https://www.facebook.com/groups/224874001178723/about/</a> | Distribution of surplus food to those in need in Llanelli and surrounding areas, contact Marie Turke. They cannot do shopping. VERIFIED UPDATE   |
| <b>Lampeter Corona Virus Support Group COVID 19 (FB Group)</b>        | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Facebook:<br><a href="https://www.facebook.com/groups/710463783094284/">https://www.facebook.com/groups/710463783094284/</a>                                       | Community Facebook support group.  |
| <b>Laugharne Township Community Council Volunteer Plan (FB Group)</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Facebook:<br><a href="https://www.facebook.com/LaugharneTCC/">https://www.facebook.com/LaugharneTCC/</a>   | Community Facebook support group.  |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                    | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>  |
|--------------------------------|---|--|--|
| <b>Lifeshare</b>               | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Telephone: 01554 741674  | Food and clothes bank have seen a recent downturn in donations. They have a list of most needed items on their Facebook page, and can also accept online financial donations. They also have a donation trolley in Asda, and take in donations 12-2pm Tuesday and Thursday at the Antioch Centre on Copperworks Road |
| <b>LINKS</b>                   | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 01554 757957<br><br>Facebook:<br><a href="https://www.facebook.com/SocialMediaLinks1">https://www.facebook.com/SocialMediaLinks1</a><br><br>Email: <a href="mailto:admin@links.uk.net">admin@links.uk.net</a><br><br>Website: <a href="https://links.uk.net">https://links.uk.net</a> | Closed but providing telephone and online support to members, including people that have served in the Armed Forces and their families. Uplifting messages and activities via social media - Available 24/7.   |
| <b>Living Life to the Full</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul>                    | Website: <a href="https://lltf.com/">https://lltf.com/</a>   | Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. The courses are free for individuals using them in their own lives.                           |



Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website   | Comments   |
|---|---|---|--|
| Llandeilo Covid-19                                    | <ul style="list-style-type: none"> <li>Support</li> </ul>                       | Website: <a href="https://llandeilocovid19.com">https://llandeilocovid19.com</a>  | Support and information for people in Llandeilo. Foodbank, Community Support and Information. VERIFIED.                  |
| Llandeilo Covid-19 Community Support Group (FB Group) | <ul style="list-style-type: none"> <li>Support</li> <li>Volunteering</li> </ul> | Telephone: 07395 949914<br><br>Facebook:<br><a href="https://www.facebook.com/groups/196451478462428/">https://www.facebook.com/groups/196451478462428/</a>   | The support group has a group of volunteers set up to help with shopping, supplies, dog walking etc.                     |
| Llandeilo Covid-19 Volunteer Group (FB Group)         | <ul style="list-style-type: none"> <li>Support</li> <li>Volunteering</li> </ul> | Telephone: 07395 949914<br><br>Email: <a href="mailto:llandeilocovid19@mail.com">llandeilocovid19@mail.com</a><br><br>Website: <a href="http://llandeilocovid19.com">llandeilocovid19.com</a><br><br>Facebook:<br><a href="https://www.facebook.com/groups/196451478462428/">https://www.facebook.com/groups/196451478462428/</a> | The group was created to set up a volunteer network of Llandeilo residents to help those around them stuck in isolation. |
| Llanedi Community Council                             | <ul style="list-style-type: none"> <li>Support</li> </ul>                       | Website: <a href="http://www.llanedi.org.uk">http://www.llanedi.org.uk</a><br><br>Facebook:<br><a href="https://www.facebook.com/LlanediCC/">https://www.facebook.com/LlanediCC/</a>  | Local community advice and coordination. Updated regularly.  |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                                      | <b>Type of Support</b>   | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
|--|--|--|---|
| <b>Llanelli Community Partnership (FB Group)</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>                          | Facebook:<br><a href="https://www.facebook.com/Llanelli-Community-Partnership-556897377761447/">https://www.facebook.com/Llanelli-Community-Partnership-556897377761447/</a> | Posting daily updates from Public Health Wales / Community activity in Llanelli. The page is being provided and supported with verified information and has a large community following.  |
| <b>Llanelli Counselling Service</b>              | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul> | Telephone: 01554701755<br><br>Text: 07476555338  | Are coronavirus (Covid-19) work related stress, anxiety, insomnia, panic attacks, depression or money worries affecting your life? Perhaps someone close to you is ill or has passed away? Maybe you are struggling with caring responsibilities? Llanelli Counselling Service currently offer telephone counselling or online via WhatsApp or Zoom, as we cannot use the counselling room at present, but hopefully we will be able to offer that again soon. Meanwhile please ring 01554701755 or text 07476555338 for further info. VERIFIED |
| <b>Llanelli Surplus Food</b>                     | <ul style="list-style-type: none"> <li>• Support</li> <li>• Volunteering</li> </ul>  | Telephone: 01554 772056<br><br>Email: <a href="mailto:info@llanellisurplusfood.org.uk">info@llanellisurplusfood.org.uk</a>   | Llanelli Surplus Food are looking for volunteers. They distribute surplus food donated by businesses to disadvantaged people throughout the Llanelli area.  |





**Community Mental Health Support – COVID-19**

| <b>Name</b>  | <b>Type of Support</b>                                    | <b>Telephone / Email / Facebook /Website</b>  | <b>Comments</b>  |
|--|---|---|--|
| <b>Llanelli Town Council</b>                                     | <ul style="list-style-type: none"> <li>Support</li> </ul> | Website:<br><a href="http://www.llanellitowncouncil.gov.uk/">http://www.llanellitowncouncil.gov.uk/</a><br><br>Facebook:<br><a href="https://www.facebook.com/llantowncouncil/">https://www.facebook.com/llantowncouncil/</a> | Website and FaceBook sites have relevant and up to date information on COVID19 for Llanelli and is updated regularly.  |
| <b>Llannon Community Self-Isolating Support Group FB Group</b>   | <ul style="list-style-type: none"> <li>Support</li> </ul> | Facebook:<br><a href="https://www.facebook.com/groups/807616286403676/">https://www.facebook.com/groups/807616286403676/</a>  | If you live in Llannon and you need help whilst you are self-isolating you can join us at<br><a href="https://www.facebook.com/groups/807616286403676/">https://www.facebook.com/groups/807616286403676/</a>   |
| <b>Llanybydder Community Support (FB Group)</b>                  | <ul style="list-style-type: none"> <li>Support</li> </ul> | Facebook:<br><a href="https://www.facebook.com/Llanybydder-Community-Support-107818794184724/">https://www.facebook.com/Llanybydder-Community-Support-107818794184724/</a>  | Community Facebook support group.  |
| <b>Llanybydder Community Support (Teresa Walters) (FB Group)</b> | <ul style="list-style-type: none"> <li>Support</li> </ul> | Facebook:<br><a href="https://www.facebook.com/Llanybydder-Community-Support-107818794184724/">https://www.facebook.com/Llanybydder-Community-Support-107818794184724/</a>  | Volunteering service in Llanybydder and nearby via a Facebook page. Community support and volunteer to carry out deliveries/make phone calls to any isolated or self-isolating individuals. We're not vetting, just putting people together who will already know each other. VERIFIED |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                             | <b>Type of Support</b>   | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
|---|--|--|---|
| <b>Llwynhendy / Pemberton Food Bank</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>  | <p>Telephone: Cllr Sharen Davies on 07856 747856</p> <p>Telephone: Cllr Jason Hart on 07876 307046</p> <p>Email: <a href="mailto:SDavies@cararthenshire.gov.uk">SDavies@cararthenshire.gov.uk</a></p> <p>Email: <a href="mailto:jason.hart@hotmail.co.uk">jason.hart@hotmail.co.uk</a></p> | <p>Food parcels for vulnerable and elderly that are self-isolating. If you would like to help fund their efforts, you can now make a donation online by visiting <a href="https://bit.ly/2RJnISN">https://bit.ly/2RJnISN</a></p> <p>Phone: Cllr Sharen Davies on 07856 747856 &amp; Cllr Jason Hart on 07876 307046 or by email: <a href="mailto:SDavies@cararthenshire.gov.uk">SDavies@cararthenshire.gov.uk</a> or <a href="mailto:jason.hart@hotmail.co.uk">jason.hart@hotmail.co.uk</a></p> <p>Address: Bryn &amp; Trallwm Club, Gelli House/Gelli Rd, Llanelli SA14 9AD. VERIFIED UPDATED INFO</p> |
| <b>Local Authorities</b>                | <ul style="list-style-type: none"> <li>• Government Support</li> <li>• Mental Health</li> <li>• Support</li> </ul> |  | <p>Community Mental Health Teams continue to provide a support service and the usual pathway remains. However, for answers to queries or if needing support from a Local Authority, see individual contact details on this directory.</p>   |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                              | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
|--|---|--|---|
| <b>Local Authority - Carmarthenshire</b> | <ul style="list-style-type: none"> <li>• Government Support</li> <li>• Support</li> </ul>                         | Telephone: 01267 234567<br><br>Website: <a href="http://www.carmarthenshire.gov.wales">www.carmarthenshire.gov.wales</a>   | The Local Authority are providing additional support to help and advise. Carmarthenshire businesses and residents throughout the crisis. Telephone service available between 8.30am and 6pm seven days a week. Council officers will be on hand to provide guidance and signposting on areas including: Financial support and other help for business, Assistance available for the elderly, vulnerable and isolated. DELTA Wellbeing (formally Careline) - 0300 3332222 <a href="http://deltawellbeing.org.uk">http://deltawellbeing.org.uk</a> , offering support, advice and to identify any social care issues that need further support, volunteer coordination, Linking the needs of communities with volunteers. |
| <b>Local Authority - Ceredigion</b>      | <ul style="list-style-type: none"> <li>• Government Support</li> <li>• Safeguarding</li> <li>• Support</li> </ul> | Telephone: 01545 570881<br><br>Email: <a href="mailto:clic@ceredigion.gov.uk">clic@ceredigion.gov.uk</a><br><br>Website: <a href="http://www.ceredigion.gov.uk/resident/coronavirus-covid-19/list-of-resources-in-ceredigion/">http://www.ceredigion.gov.uk/resident/coronavirus-covid-19/list-of-resources-in-ceredigion/</a> | To contact the council please telephone or email the main number/Email address.<br><br>For Safeguarding or Social Care concerns please telephone 01545 574000 or email <a href="mailto:contact-socservs@ceredigion.gov.uk">contact-socservs@ceredigion.gov.uk</a> .<br><br>In an emergency please telephone Social Services: 0300 4563554 (out of hours only)   |



Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website  | Comments   |
|---|---|--|--|
| <b>Local Authority - Pembrokeshire</b>              | <ul style="list-style-type: none"> <li>Government Support</li> <li>Support</li> </ul> | Telephone: 01437 776301<br>Email: <a href="mailto:communitycovid19@pembrokeshire.gov.uk">communitycovid19@pembrokeshire.gov.uk</a><br>Website: <a href="https://www.pembrokeshire.gov.uk/advice-on-coronavirus">https://www.pembrokeshire.gov.uk/advice-on-coronavirus</a> | See also Community Coordination Hub.<br>Telephone 01437 764551 Monday to Friday 9am - 5pm.<br><br>For Emergency Telephone 0345 601 5522<br>Out of hours 5pm - 9am Monday to Friday, 24 hours Saturday, Sunday and Bank Holidays. |
| <b>Maesybont Community Support Group (FB Group)</b> | <ul style="list-style-type: none"> <li>Support</li> </ul>                             | Facebook: <a href="https://www.facebook.com/groups/210857176832753/">https://www.facebook.com/groups/210857176832753/</a>  | Community Facebook support group.  |



Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website   | Comments  |
|---|---|---|---|
| <b>Meals on Wheels Service, Amman Valley area</b> | <ul style="list-style-type: none"> <li>• Support</li> <li>• Volunteering</li> </ul> | Telephone: 01269 826059 - Day Centre<br><br>Telephone: 01269 825438 - Service Organiser   | Meals on Wheels service Amman Valley area. A 2-course meal will be available Monday-Friday at the cost of £4.80. A bill will be sent to the client directly from Carmarthenshire County Council; therefore, no money will be handed over at the door. The meal will be left on the door step, this limiting contact due to the current situation. If you know of any elderly person who would like a meal please contact the Day Centre on 01269 826059 9.00am – 5.00pm or contact the organizer on 01269 825438 anytime, providing full name, address and date of birth. |
| <b>Meddwl</b>                                     | <ul style="list-style-type: none"> <li>• Support</li> </ul>                         | Website:<br><a href="https://meddwl.org/erthyglau/iechyd-meddwl-coronavirus/">https://meddwl.org/erthyglau/iechyd-meddwl-coronavirus/</a> | Gofalu am eich iechyd meddwl yn ystod yr achos Coronafeirws.<br><br>Gwefan yn cynnig cefnogaeth a gwybodaeth, rhanu profiadau, a lefydd i gael cymorth, am anhwylderau iechyd meddwl gwahanol.<br><br>Cymorth ar lein, ebost, swgwrs ar lein.   |

Community Mental Health Support – COVID-19

| Name               | Type of Support   | Telephone / Email / Facebook /Website   | Comments  |
|--------------------|---|---|---|
| <b>Mee Two APP</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Website:<br><a href="https://www.meetwo.co.uk/">https://www.meetwo.co.uk/</a>   | Fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines. Social support that builds confidence, increases wellbeing and promotes emotional resilience. |
| <b>Meic</b>        | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Website:<br><a href="https://www.meiccymru.org/worried-about-the-coronavirus-dont-panic/">https://www.meiccymru.org/worried-about-the-coronavirus-dont-panic/</a> | The word that's everywhere you turn at the moment. CORONAVIRUS – what exactly is it? Should you be worried? And is there anything you can do about it? Online.  |
| <b>Meic</b>        | <ul style="list-style-type: none"> <li>• Wellbeing</li> </ul>   | Website:<br><a href="https://www.meiccymru.org/4-ways-to-exercise-while-in-lockdown/">https://www.meiccymru.org/4-ways-to-exercise-while-in-lockdown/</a>         | 4 Ways to Exercise while In Lockdown. Online.   |
| <b>Meic</b>        | <ul style="list-style-type: none"> <li>• Support</li> <li>• Wellbeing</li> </ul>                          | Telephone: 080880 23456<br><br>Text: 84001<br><br>Website: <a href="https://www.meiccymru.org/">https://www.meiccymru.org/</a>                                    | The advocacy, information and advice helpline for children in Wales. If your life is in a bit of a tangle or you have a problem and need to speak to someone, Meic is for you. Online, Helpline, Text, Live Chat.   |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                     | <b>Type of Support</b>   | <b>Telephone / Email / Facebook /Website</b>  | <b>Comments</b>  |
|---------------------------------|--|---|--|
| <b>Mencap</b>                   | <ul style="list-style-type: none"> <li>• Support</li> </ul>                            | Website:<br><a href="https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19/">https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19/</a> | For people with learning difficulties, available across the three counties (Pembrokeshire, Ceredigion and Carmarthenshire). Dealing with change. Mencap have created some helpful resources around coronavirus for people with Learning Disabilities.  |
| <b>Mental Health Foundation</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul> | Website:<br><a href="https://mentalhealth.org.uk/coronavirus/">https://mentalhealth.org.uk/coronavirus/</a>   | Tips on dealing with the media coverage of coronavirus and reducing anxiety. Online.<br><br><a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a> .<br><br>Also, Podcasts - 16 free podcasts to help you live a mentally happier life - from New Years' Resolutions to Relaxation for Better Sleep to Mindfulness and How to Overcome Fear and Anxiety.<br><br><a href="https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing">https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing</a> . |

## Community Mental Health Support – COVID-19

| Name   | Type of Support   | Telephone / Email / Facebook /Website   | Comments  |
|--|---|---|---|
| <b>MHM Wales – Mental Health Matters Wales</b> | <ul style="list-style-type: none"> <li>• Carers</li> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 01656 651450<br><br>Email:<br><a href="https://www.mhmwales.org.uk">https://www.mhmwales.org.uk</a><br><br>Website:<br><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 who lack capacity across West Wales.</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> |





### Community Mental Health Support – COVID-19

| Name              | Type of Support   | Telephone / Email / Facebook /Website  | Comments  |
|-------------------|---|--|---|
| <b>MIND</b>       | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Website:<br><a href="https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</a>  | You might be worried about coronavirus (COVID-19) and how it could affect your life. This may include having to stay at home and avoid other people. This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing. Online. |
| <b>MIND Cymru</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone Infoline: 0300 123 3393<br><br>Text: 86463<br><br>Website:<br><a href="https://www.mind.org.uk/about-us/mind-cymru/">https://www.mind.org.uk/about-us/mind-cymru/</a><br><br>Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> | A community of people who won't give up until everyone experiencing a mental health problem gets the support and respect, they deserve.<br>Online, Infoline, Text, Email.<br>Infoline: 0300 123 3393<br>Email: info@mind.org.uk<br>Text: 86463                                |



Community Mental Health Support – COVID-19

| Name                    | Type of Support   | Telephone / Email / Facebook /Website  | Comments   |
|-------------------------|---|--|--|
| <b>MIND Aberystwyth</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 01970 626225<br><br>Email: <a href="http://mindaberystwyth.org/">http://mindaberystwyth.org/</a><br><br>Website: <a href="http://mindaberystwyth.org/">http://mindaberystwyth.org/</a><br><br>Facebook Page:<br><a href="https://www.facebook.com/MINDAberystwyth">https://www.facebook.com/MINDAberystwyth</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> |



Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website   | Comments  |
|---|---|---|---|
| <b>MIND Aberystwyth – Active Monitoring Programme</b> | <ul style="list-style-type: none"> <li>Mental Health</li> </ul> | Tel: Ceredigion: 01970 626225<br>Website: <a href="http://mindaberystwyth.org/active-monitoring/">http://mindaberystwyth.org/active-monitoring/</a><br><br>Tel: Pembrokeshire: 07813 797615<br>Email: <a href="mailto:activemonitoring@mindpembrokeshire.org.uk">activemonitoring@mindpembrokeshire.org.uk</a><br><br>For other postcodes across Wales: <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> . | A guided self-care programme for over 18s in Ceredigion. Trained practitioners support individuals affected by poor mental health via telephone and/or video conferencing. 6-weeks, 1 x 20 minute session per week. Sessions & resources available in Welsh/English. Available until end of November.     |
| <b>MIND Aberystwyth – Side by Side Cymru</b>          | <ul style="list-style-type: none"> <li>Support</li> </ul>       | Tel: 01970 626225<br><br>Mob: 07958788172<br><br>Email: <a href="mailto:rob@mindaberystwyth.org">rob@mindaberystwyth.org</a><br><br>Website: <a href="http://mindaberystwyth.org/side-by-side-cymru/">http://mindaberystwyth.org/side-by-side-cymru/</a>  | Peer Support in the Community (Ceredigion, Pembrokeshire and Carmarthenshire).<br><br>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. Available until the end of December. |



Community Mental Health Support – COVID-19

| Name  | Type of Support  | Telephone / Email / Facebook /Website  | Comments   |
|---|--|--|--|
| <b>MIND Aberystwyth Tenancy Support for Mental Health</b> | <ul style="list-style-type: none"> <li>Support</li> </ul>  | Tel: 01970 626225<br><a href="mailto:info@mindaberystwyth.org">Email: info@mindaberystwyth.org</a><br>Website: <a href="http://www.mindaberystwyth.org">www.mindaberystwyth.org</a>    | 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.<br><br>Enquiries or Referral From – please call or email.  |
| <b>MIND Carmarthen</b>                                    | <ul style="list-style-type: none"> <li>Benefits</li> <li>Carers</li> <li>Mental Health</li> <li>Support Wellbeing</li> </ul> | Telephone: 07377381806 WHATSAPP<br>Email: <a href="mailto:carmsmind132@aol.com">carmsmind132@aol.com</a><br>Website: <a href="https://shop.mind.org.uk/">https://shop.mind.org.uk/</a> | Drop in closed. Mondays/Wednesdays/Fridays 10am - 2pm call mobile number for general enquiries on Whatsapp number ONLY. New Facebook group for social chat if needed between 10am - 4pm available every week day. Also, can contact MIND on FaceBook Messenger. Coronavirus and wellbeing advice - <a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a> |
| <b>MIND Carmarthen – Active Monitoring</b>                | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Support</li> <li>Wellbeing</li> </ul>                          | Telephone: 01267 222990  | A guided self-care programme for over 18s.<br><br>Trained practitioners support individuals affected by poor mental health via telephone and/or video conferencing.<br><br>6 weeks, 1 x 20 minute session per week<br><br>Sessions & resources available in Welsh/English  |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                               | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
|---|---|--|---|
| <b>MIND Carmarthen – Mums in mind</b>     | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul>   | Facebook:<br><a href="https://www.facebook.com/groups/1283431871989623">https://www.facebook.com/groups/1283431871989623</a>   | Socialise with others from your community as well as access support and advice<br><a href="https://www.facebook.com/groups/1283431871989623">https://www.facebook.com/groups/1283431871989623</a><br>Meet mums, share tips and advice, chat and have fun.<br>Monday 13:00 – 15:00.  |
| <b>MIND Llanelli – Twilight Sanctuary</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul>   | Telephone: 01554253193<br><br>Facebook:<br><a href="https://www.facebook.com/pg/TwilightSanctuary/Services/">https://www.facebook.com/pg/TwilightSanctuary/Services/</a> | Available for support over the phone or on Facebook.<br>Twilight Sanctuary: Thursdays – Sundays<br>18.00 – 2.00   |
| <b>MIND Llanelli</b>                      | <ul style="list-style-type: none"> <li>• Benefits</li> <li>• Mental health</li> <li>• Support</li> <li>• Volunteering</li> <li>• Wellbeing</li> </ul> | Telephone:<br>Sundays - Mondays 11am - 3pm<br>07551241011<br><br>Website: <a href="https://www.llanelli-mind.org.uk">https://www.llanelli-mind.org.uk</a>                | Telephone support and counselling available for existing clients. Contact the team via telephone and if necessary, arrange telephone counselling. You can also chat and arrange a call via Mind Llanelli Facebook page. Currently offering telephone support and online support - Sundays and Mondays 11am - 3pm 07551241011.<br><br>Mondays and Tuesdays Chat on FaceBook. Request a Call via FaceBook to get a telephone appointment at an arranged time on Fridays 10am - 4pm.<br><br>Visit the Mind Llanelli Facebook page - <a href="https://www.facebook.com/LlanelliMind1/">https://www.facebook.com/LlanelliMind1/</a> .<br><br>Continued/... |

Community Mental Health Support – COVID-19

| Name   | Type of Support   | Telephone / Email / Facebook /Website  | Comments   |
|--|---|--|--|
| <p><b>MIND Llanelli</b><br/><b>Continued/...</b></p> | <ul style="list-style-type: none"> <li>• Benefits</li> <li>• Mental health</li> <li>• Support</li> <li>• Volunteering</li> <li>• Wellbeing</li> </ul> | <p>Telephone:<br/>Sundays - Mondays 11am - 3pm<br/>07551241011</p> <p>Website: <a href="https://www.llanelli-mind.org.uk">https://www.llanelli-mind.org.uk</a></p> | <p>Continued/...</p> <p>Further details information from Mind Llanelli available here:</p> <p><a href="https://scontent-lht6-1.xx.fbcdn.net/v/t1.0-9/s960x960/91614239_2615594508678124_6322662059846664192_o.jpg?_nc_cat=100&amp;_nc_sid=110474&amp;_nc_oc=AQmmt60SNWRALPLP192sD1BhPa_4ADOfa9hGF2jMafFa0sdHFQbwi6DFNAExht3Uv7I&amp;_nc_ht=scontent-lht6-1.xx&amp;_nc_tp=7&amp;oh=df7bcb196d4ea9f54f4b091eb72428a0&amp;oe=5EAC8876">https://scontent-lht6-1.xx.fbcdn.net/v/t1.0-9/s960x960/91614239_2615594508678124_6322662059846664192_o.jpg?_nc_cat=100&amp;_nc_sid=110474&amp;_nc_oc=AQmmt60SNWRALPLP192sD1BhPa_4ADOfa9hGF2jMafFa0sdHFQbwi6DFNAExht3Uv7I&amp;_nc_ht=scontent-lht6-1.xx&amp;_nc_tp=7&amp;oh=df7bcb196d4ea9f54f4b091eb72428a0&amp;oe=5EAC8876</a>.</p> <p>Twilight Sanctuary Thursdays to Sundays 6pm - 2am still offering telephone support. 01554 253193. Telephone counselling available.</p> <p>Coronavirus and wellbeing advice - <a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a></p> <p>'Just Talk' offers a service to all members of staff of The Coop where you can 'just talk'. Staffed by trained counsellors and completely confidential. Tuesdays and Wednesdays 1pm - 4pm 07903 737 512.</p> |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                                | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
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| <b>MIND Llanelli – Active Monitoring</b>   | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>                      | Telephone: 01554 752751<br><br>Email: <a href="mailto:welcomecentre@llanelli-mind.org.uk">welcomecentre@llanelli-mind.org.uk</a>   | Active Monitoring is a free, six-week, guided self-help programme to help you to better understand and be more in control of your feelings. If you live in Wales and are over 18, get in touch to find out more. Help with anxiety, depression, self-esteem, stress, feeling alone, managing anger, grief and loss. This is run remotely via telephone or WhatsApp. |
| <b>MIND Llanelli - Befriending Sir Gar</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>                      | Telephone: TBC – Christopher Hamilton<br><br>Telephone: Sally Richards 07983101185<br><br>Email:<br><a href="mailto:Christopher.hamilton@llanelli-mind.org.uk">Christopher.hamilton@llanelli-mind.org.uk</a> /<br><br><a href="mailto:sally.richards@llanelli-mind.org.uk">sally.richards@llanelli-mind.org.uk</a> | Supports the needs of the people by telephone/text/email/zoom/letter support. Monday - Friday 09:00 - 17:00.  |
| <b>MIND Llanelli - Mums in Mind</b>        | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Facebook:<br>Facebook Link:<br><a href="https://www.facebook.com/groups/520857628583591/?ref=share">https://www.facebook.com/groups/520857628583591/?ref=share</a>   | Meet other mums, share tips and advice on mental health and wellbeing. Mondays 13:00 – 15:00.   |



Community Mental Health Support – COVID-19

| Name                          | Type of Support   | Telephone / Email / Facebook /Website   | Comments  |
|-------------------------------|---|---|---|
| <b>MIND<br/>Pembrokeshire</b> | <ul style="list-style-type: none"> <li>• Benefits</li> <li>• Carers</li> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 07496974388<br><br>Email:<br><br>Website:<br><a href="http://www.mindpembrokeshire.org.uk/">http://www.mindpembrokeshire.org.uk/</a> | <p><b>Monday to Friday</b><br/>Over 50 or isolating on your own? Telephone befriending 10:00 – 13:00 Martin is here for you on 07813 793 996</p> <p><b>Tuesday to Friday</b><br/>Experiencing heightened Anxiety or Depression? Mental health telephone support 10:00 – 16:00 Josie is here for you on 07496 974 388</p> <p><b>Saturday and Sunday</b><br/>Experiencing heightened Anxiety or Depression? Mental health telephone support 10:00 – 13:00 Josie is here for you on 07496 974 388</p> <p><b>Mondays from 20/04/2020</b><br/>Mums in Mind<br/>Facebook social group. 13:00 – 15:00 Meet mums, share tips and advice, chat and have fun.<br/><a href="https://www.facebook.com/groups/207860100665942/?source_id=899113496807025">https://www.facebook.com/groups/207860100665942/?source_id=899113496807025</a>.</p> <p><b>Every day</b> Virtual Drop in on Facebook 10:00 – 13:00<br/><a href="https://www.facebook.com/groups/2505679903006662/?source_id=899113496807025">https://www.facebook.com/groups/2505679903006662/?source_id=899113496807025</a><br/><a href="https://www.mentalhealthatwork.org.uk/organisation/nhs-employers/">https://www.mentalhealthatwork.org.uk/organisation/nhs-employers/</a></p> <p>Continued/...</p> |





Community Mental Health Support – COVID-19

| Name  | Type of Support | Telephone / Email / Facebook /Website | Comments  |
|---|-----------------|---------------------------------------|---|
| <p><b>MIND</b><br/> <b>Pembrokeshire /</b><br/> <b>Continued...</b></p> |                 |                                       | <p><b>Continued/...</b></p> <p><b>Coronavirus and wellbeing advice -</b><br/> <a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a><br/>           Also, Coronavirus: supporting yourself and your team - <a href="https://www.mind.org.uk/workplace/mental-health-at-work/coronavirus-supporting-yourself-and-your-team">https://www.mind.org.uk/workplace/mental-health-at-work/coronavirus-supporting-yourself-and-your-team</a>.<br/>           Also, the Mental Health at Work website has some good guidance and toolkits for supporting people - <a href="https://www.mind.org.uk/workplace/mental-health-at-work/?gclid=CjwKCAjwvtX0BRAFEiwAGWJyZM3ALnCVlBpflloiNv2azYjjLiG_DWI02ycORxXGPqOWCGS3NGyNIORoCMIEQAvD_BwE">https://www.mind.org.uk/workplace/mental-health-at-work/?gclid=CjwKCAjwvtX0BRAFEiwAGWJyZM3ALnCVlBpflloiNv2azYjjLiG_DWI02ycORxXGPqOWCGS3NGyNIORoCMIEQAvD_BwE</a>.<br/>           Finally, the link to purchasable resource booklets (all of which can be accessed online for free)<br/> <a href="https://shop.mind.org.uk/shop/booklets?utm_source=booklets_footer">https://shop.mind.org.uk/shop/booklets?utm_source=booklets_footer</a>. There are some specific resources aimed at the NHS on the MIND Mental Health at Work website.</p> |

**Community Mental Health Support – COVID-19**

| <b>Name</b>                                   | <b>Type of Support</b>   | <b>Telephone / Email / Facebook /Website</b>  | <b>Comments</b>   |
|---|--|---|---|
| <b>MIND Pembrokeshire – Active Monitoring</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul> | Mob: 07813 797615<br><br>Email:<br><a href="mailto:activemonitoring@mindpembrokeshire.org.uki">activemonitoring@mindpembrokeshire.org.uki</a>   | <p>Active Monitoring is a free, six-week, guided self-help programme to help you to better understand and be more in control of your feelings. If you live in Wales and are over 18, get in touch to find out more. Help with anxiety, depression, self-esteem, stress, feeling alone, managing anger, grief and loss.</p> <p>Rhaglen chwe wythnos o hunan help gydag arweiniad am ddim yw Monitro Gweithredol i'ch helpu chi i ddeall ac i deimlo'n fwy mewn rheolaeth o'ch emosiynau.Os ydych yn byw yng Nghymru a thros 18 oed, cysylltwch i ganfod rhagor. Rydym yn gallu helpu gyda: Phryder, Iselder, Hynan-barch, Stres, Teimol'n unig, Galar a cholled.</p>   |
| <b>Mindshift APP</b>                          | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul> | Website:<br><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. 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. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.</p> |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                        | <b>Type of Support</b>   | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>  |
|------------------------------------|--|--|--|
| <b>Mood Juice</b>                  | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul> | Website: <a href="https://moodjuice.scot.nhs.uk/">https://moodjuice.scot.nhs.uk/</a> | Mood Juice is a site designed to help you think about emotional problems and work towards solving them. It helps you think about life skills, healthy living, relationships, feelings, behaviours, and finding meaning.  |
| <b>Mood Gym</b>                    | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul> | Website: <a href="https://www.moodgym.com.au">https://www.moodgym.com.au</a>         | Moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.  |
| <b>Mood Tools APP</b>              | <ul style="list-style-type: none"> <li>• Mental Health</li> </ul>                      | Website: <a href="https://www.moodtools.org/">https://www.moodtools.org/</a>         | Feeling sad or depressed? Lift your mood with MoodTools for free. 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>Morfa Social Club Food Bank</b> | <ul style="list-style-type: none"> <li>• Support</li> <li>• Volunteering</li> </ul>    | Telephone: 07960778149   | FOOD BANK operating from Morfa Social Club. Distributing twice a week to the Elderly Infirm and those Self Isolating. Donations welcome and may be dropped off at Morfa Social Club. New Street Morfa. Volunteering Service offering the following Service: Shopping / Collection of Prescriptions or simply someone to talk to. Contact Cllr Louvain Roberts, Mobile No 07960778149. VERIFIED |

Community Mental Health Support – COVID-19

| Name                          | Type of Support   | Telephone / Email / Facebook /Website  | Comments  |
|-------------------------------|---|--|---|
| <b>Mums in Mind FB Groups</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | <p>Llanelli Mind:<br/> <a href="https://www.facebook.com/groups/520857628583591/?ref=share">https://www.facebook.com/groups/520857628583591/?ref=share</a>.</p> <p>Mind Aberystwyth:<br/> <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:<br/> <a href="https://www.facebook.com/groups/1283431871989623">https://www.facebook.com/groups/1283431871989623</a></p> <p>Mind Pembrokeshire:<br/> <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> |
| <b>My Possible Self APP</b>   | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul>                    | <p>Website:<br/> <a href="https://www.mypossibleself.com/">https://www.mypossibleself.com/</a></p>   | <p>The mental health app clinically proven to reduce stress, anxiety and low mood.</p>  |
| <b>NACOA</b>                  | <ul style="list-style-type: none"> <li>• Support</li> <li>• Wellbeing</li> </ul>                          |  | <p>Children in households where alcohol is an issue.</p>  |
| <b>Nextdoor</b>               | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | <p>Website: <a href="https://nextdoor.co.uk">https://nextdoor.co.uk</a></p>  | <p>Neighbourhood hub for trusted connections and the exchange of helpful information, goods and services.</p>   |



Community Mental Health Support – COVID-19

| Name     | Type of Support  | Telephone / Email / Facebook /Website   | Comments  |
|----------|--|---|---|
| NHS Apps | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul> | Website:<br><a href="http://www.nacoa.org.uk/children.html">http://www.nacoa.org.uk/children.html</a> | NHS endorsed apps from NHS App Library.<br><a href="https://www.nhs.uk/apps-library/category/mental-health/">https://www.nhs.uk/apps-library/category/mental-health/</a><br><a href="https://www.nhs.uk/apps-library/be-mindful/">https://www.nhs.uk/apps-library/be-mindful/</a><br><a href="https://www.nhs.uk/apps-library/beat-panic/">https://www.nhs.uk/apps-library/beat-panic/</a><br><a href="https://www.nhs.uk/apps-library/big-white-wall/">https://www.nhs.uk/apps-library/big-white-wall/</a><br><a href="https://www.nhs.uk/apps-library/blueice/">https://www.nhs.uk/apps-library/blueice/</a><br><a href="https://www.nhs.uk/apps-library/calm-harm/">https://www.nhs.uk/apps-library/calm-harm/</a><br><a href="https://www.nhs.uk/apps-library/distract/">https://www.nhs.uk/apps-library/distract/</a><br><a href="https://www.nhs.uk/apps-library/equoo-emotional-fitness-game/">https://www.nhs.uk/apps-library/equoo-emotional-fitness-game/</a><br><a href="https://www.nhs.uk/apps-library/feeling-good-positive-mindset/">https://www.nhs.uk/apps-library/feeling-good-positive-mindset/</a><br><a href="https://www.nhs.uk/apps-library/meetwo/">https://www.nhs.uk/apps-library/meetwo/</a><br><a href="https://www.nhs.uk/apps-library/ieso/">https://www.nhs.uk/apps-library/ieso/</a><br><a href="https://www.nhs.uk/apps-library/my-possible-self/">https://www.nhs.uk/apps-library/my-possible-self/</a><br><a href="https://www.nhs.uk/apps-library/silvercloud/">https://www.nhs.uk/apps-library/silvercloud/</a><br><a href="https://www.nhs.uk/apps-library/sleepio/">https://www.nhs.uk/apps-library/sleepio/</a><br><a href="https://www.nhs.uk/apps-library/student-health-app/">https://www.nhs.uk/apps-library/student-health-app/</a><br><a href="https://www.nhs.uk/apps-library/thrive/">https://www.nhs.uk/apps-library/thrive/</a> |



Community Mental Health Support – COVID-19

| Name                            | Type of Support   | Telephone / Email / Facebook /Website  | Comments   |
|---------------------------------|---|--|--|
| <b>NHS Pocket Medic</b>         | <ul style="list-style-type: none"> <li>Wellbeing</li> </ul>   | Email: <a href="mailto:patient@pocketmedic.org">patient@pocketmedic.org</a><br>Website: <a href="http://www.medic.video/">http://www.medic.video/</a>                          | Pocket Medic provides access to a series of free 5-minute videos created by NHS health professionals and patients to help you understand various conditions.   |
| <b>NHS Weight Loss Plan APP</b> | <ul style="list-style-type: none"> <li>Wellbeing</li> </ul>   | 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.  |
| <b>Palouse Mindfulness</b>      | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Wellbeing</li> </ul>                  | Website: <a href="https://palousemindfulness.com/">https://palousemindfulness.com/</a>   | A free Online Mindfulness-Based Stress Reduction (MBSR) course spread over 8 weeks. This highly interactive course requires full commitment. Created by a fully certified MGSR instructor.   |
| <b>Papyrus</b>                  | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Support</li> <li>Wellbeing</li> </ul> | Telephone Helpline: 080 068 4141<br>Website: <a href="http://www.papyrus.org/">www.papyrus.org/</a><br>Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>       | 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. |



Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website  | Comments   |
|-------|---|--|--|
| Patch | <ul style="list-style-type: none"> <li>Support</li> </ul> | Tel: 01646 699275 / 07415160319<br>Email: <a href="mailto:contact@patchcharity.org.uk">contact@patchcharity.org.uk</a><br>Website: <a href="http://patchcharity.org.uk/">http://patchcharity.org.uk/</a> | <p>Since June 2008 PATCH has been giving free food parcels, clothing and household items to those in a financial crisis in Pembrokeshire. We work closely with our referral agencies to help those that are experiencing hardship through perhaps a delay in benefits, fire, theft and escaping emergency situations. We have had to make changes in the way we operate. We have increased our strict cleaning regime and have taken action to keep both visitors and staff/volunteers as safe as possible at this difficult time. Hand sanitizer is available on our front desk for all visitors and we will be keeping to the Government guidelines of social distancing. All volunteers/staff will be washing their hands more frequently and again as the government guidelines.</p> <p>We will have stock parcels made up for clients (where possible) when they visit to make their stay as short as possible. Many referral agencies will hold emergency parcels to also hand over with as little contact as possible.</p> <p>Continued/...</p> |



Community Mental Health Support – COVID-19

| Name                | Type of Support  | Telephone / Email / Facebook /Website  | Comments   |
|---------------------|--|--|--|
| Patch Continued/... |  |  | <p>Continued/...</p> <p>Any volunteer/staff or their families showing any physical signs mentioned in the government safety advice will not be allowed into our bases.</p> <p>We have temporarily closed our Tenby and Begelly bases to concentrate volunteers and food in our 3 busiest bases. We are a charitable organisation aiming to relieve the effects of poverty for individuals and families within the county of Pembrokeshire.</p> |
| Paul Sartori        | <ul style="list-style-type: none"> <li>Support</li> </ul>                    | Website:<br><a href="https://paulsartori.org/counselling-2/">https://paulsartori.org/counselling-2/</a>  | Paul Sartori offers a Counselling and Bereavement Service. Further information on the service can be accessed via their website.   |
| PAVS                | <ul style="list-style-type: none"> <li>Support</li> <li>Wellbeing</li> </ul> | Telephone: 01437 769422<br><br>Email:<br><a href="mailto:enquiries@pavs.org.uk">enquiries@pavs.org.uk</a><br><br>Website:<br><a href="https://pavs.org.uk/">https://pavs.org.uk/</a> | As one of the recognised, independent, membership organisations that form a network around Wales, PAVS was established to support and develop voluntary action in Pembrokeshire. PAVS also provides an interface, or working relationship, between voluntary and statutory organisations.  |





Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website  | Comments  |
|---|---|--|---|
| <b>Pembrey &amp; Burry Port Foodbank</b>      | <ul style="list-style-type: none"> <li>Support</li> </ul> | Telephone: 07780 022593  | <p><b>Pembrey and Burry Port Foodbank</b>, in partnership with CETMA, covering Pembrey and Burry Port, but is also supporting Kidwelly, Trimsaran and Carway. The Foodbank is open on Monday, Wednesday and Friday, from about 10 till about 2pm. You will have to register as a referral organisation, in order to refer people to it. If you can get requests for support in as early as possible during the day, then we should be able to deliver during the afternoon. Here is the link for the form to complete if you wish to become a referral agency:<br/> <a href="https://forms.gle/bq6j52CvEhdRXSKJA">https://forms.gle/bq6j52CvEhdRXSKJA</a>.</p> <p>The Foodbank can be contacted via email <a href="mailto:pbpfoodbank@cetma.org.uk">pbpfoodbank@cetma.org.uk</a> or via their Facebook page: <a href="https://www.facebook.com/PBPfoodbank/">https://www.facebook.com/PBPfoodbank/</a></p> <p>They are taking Self referrals via FaceBook or contact Amanda Evans, Foodbank Leader, 07780 022593.</p> <p>Now covers St Ishmaels, Pontyates, and Pwll</p> <p>VERIFIED UPDATED INFO</p> |
| <b>Pembrokeshire COVID-19 Support Network</b> | <ul style="list-style-type: none"> <li>Support</li> </ul> | Facebook:<br><a href="https://www.facebook.com/groups/pembscovid19/">https://www.facebook.com/groups/pembscovid19/</a> | Community Facebook support group.   |



**Community Mental Health Support – COVID-19**

| <b>Name</b>  | <b>Type of Support</b>   | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
|--|--|--|---|
| <b>Pembrokeshire Covid-19 Action &amp; Support Group (FB Group)</b>                    | <ul style="list-style-type: none"> <li>Support</li> </ul>                    | Facebook:<br><a href="https://www.facebook.com/groups/506992673209298/">https://www.facebook.com/groups/506992673209298/</a> | Community Facebook support group.   |
| <b>Pembrokeshire People First</b>  | <ul style="list-style-type: none"> <li>Support</li> </ul>                    | 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> | <ul style="list-style-type: none"> <li>Support</li> <li>Wellbeing</li> </ul> | Facebook:<br><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<br><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>People Speak Up Community Support</b>   | <ul style="list-style-type: none"> <li>Support</li> </ul>                    | Telephone: 07972651920<br><br>Email: <a href="mailto:info@peoplespeakup.co.uk">info@peoplespeakup.co.uk</a>                  | 'Stories by Phone'<br>If you are feeling isolated, please call us and then you will receive a story gift by phone by a professional storyteller' or you may want to send this as a gift to a family member that is living alone.  |
| <b>Pontyberem Community Council</b>  | <ul style="list-style-type: none"> <li>Support</li> </ul>                    | Telephone: 01269 871075  | Pontyberem Community Council are arranging home deliveries for those self-isolating.  |



**Community Mental Health Support – COVID-19**

| <b>Name</b>   | <b>Type of Support</b>   | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>  |
|---|--|--|--|
| <b>Pontyberem Community Park Association (FB Group)</b>                 | <ul style="list-style-type: none"> <li>• Support</li> </ul>                          | Facebook:<br><a href="https://www.facebook.com/pontyberemcommunityparkassociation/">https://www.facebook.com/pontyberemcommunityparkassociation/</a>             | Pontyberem Community Park Association are offering free meals on week days for children.   |
| <b>Rethink Mental Illness</b>   | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul> |  | Advice for carers of people with a serious mental illness on dealing with the coronavirus outbreak:<br><a href="https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-advice-for-carers-of-those-with-severe-mental-illness/">https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-advice-for-carers-of-those-with-severe-mental-illness/</a> |
| <b>Rhydcymerau &amp; Surrounding Community Support Group (FB Group)</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>                          | Facebook:<br><a href="https://www.facebook.com/groups/830900104082755/?hc_location=group">https://www.facebook.com/groups/830900104082755/?hc_location=group</a> | Rhydcymerau and surrounding community and support group.   |
| <b>Rise Up and Recover APP</b>  | <ul style="list-style-type: none"> <li>• Wellbeing</li> </ul>                        | Website:<br><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).   |

## Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website   | Comments  |
|---|---|---|---|
| <b>SAM APP (Self-help for Anxiety Management)</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellbeing</li> </ul>                    | 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.  |
| <b>Samaritans</b>                                 | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 116 123<br>Website: <a href="https://samaritans.org">https://samaritans.org</a><br>Email: jo@samaritains.org | <p>Samaritans is a helpline service which is available 24/7 and is about working with people to create a safe space where they can talk about what is happening, how they're feeling and help them to find their own way forward.</p> <p>Normal FREE telephone Service 24 hours a day. No face to face meetings. Whatever you're going through, a Samaritan will face it with you.</p> <p>Available 24 hours a day, 365 days a year. If you would like emotional support in Welsh, this is also a Welsh Language Line.</p> <p>Online, helpline, email.</p> <p>Helpline: 116 123 (English); 0808 164 0123 (Welsh); available 24/7. Email: jo@samaritains.org</p> |



**Community Mental Health Support – COVID-19**

| <b>Name</b>    | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>  |
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| <b>Shadows</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>                      | Telephone: 07587709899<br>07543741788<br>07957273625<br><br>Email:<br><a href="mailto:shadowsdepression16@yahoo.com">shadowsdepression16@yahoo.com</a><br><br>Website:<br><a href="http://www.shadowsdepressionsupportgroup.co.uk">www.shadowsdepressionsupportgroup.co.uk</a> | Shadows facilitators are available remotely to support any mental health difficulties people may be experiencing. We are available every day from 9am until 11.30pm during this difficult situation via: Telephone/Text/WhatsApp audio/video/Email/Twitter/Website-contact form/Facebook - contact form. |
| <b>SHOUT</b>   | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Website:<br><a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a><br><br>Text: 85258   | The UK's first 24/7 text service, free for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Online, text.  |



Community Mental Health Support – COVID-19

| Name                              | Type of Support  | Telephone / Email / Facebook /Website  | Comments   |
|-----------------------------------|--|--|--|
| <b>Silent 999 Solution System</b> | <ul style="list-style-type: none"> <li>Support</li> </ul>                          |  | <p>The Silent Solution system enables a 999 mobile caller who is too scared to make a noise, or speak, to press 55 when prompted – to inform police they are in a genuine emergency. It is not true that police will automatically attend if you make a silent 999 call. Callers need to listen and respond to questions and instructions, including by coughing or tapping the handset if possible, or if using a mobile phone, once prompted by the automated Silent Solution system, pressing 55. The system filters out thousands of accidental or hoax silent 999 calls made daily. Around 50 emergency calls from mobiles a day are transferred by a BT operator to police forces in the UK as a result of someone having pressed 55 when prompted, enabling the police to carry out urgent enquiries to respond. VERIFIED</p> |
| <b>Silvercloud APP</b>            | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Wellbeing</li> </ul> | Website: <a href="https://www.nhs.uk/apps-library/silvercloud/">https://www.nhs.uk/apps-library/silvercloud/</a> | <p>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.</p>  |
| <b>Smart Recipes (NHS APP)</b>    | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Wellbeing</li> </ul> | Website: <a href="https://www.nhs.uk/change4life/recipes">https://www.nhs.uk/change4life/recipes</a>             | <p>NHS App. The easy way of helping you and your family eat tasty, healthy meals.</p>  |



Community Mental Health Support – COVID-19

| Name  | Type of Support  | Telephone / Email / Facebook /Website   | Comments  |
|---|--|---|---|
| <b>Sports Wales</b>                           | <ul style="list-style-type: none"> <li>Wellbeing</li> </ul>                        | Website:<br><a href="https://www.sport.wales/beactivewales/">https://www.sport.wales/beactivewales/</a>   | <p>Welcome to #BeActiveWales – our campaign to keep Wales moving during the Coronavirus crisis. Online.</p> <p>From across the world of Welsh sport, experts, athletes and a famous face or two have come together to kit out the nation with exercise videos, session plans, motivation, nutritious recipes and lots, lots more. Whether you're looking for gentle exercise or an intense workout, we have got a routine for you.</p>  |
| <b>St Ishmaels Community Council FB Group</b> | <ul style="list-style-type: none"> <li>Support</li> </ul>                          | Telephone: 07825 003648 / 01267 267477<br><br>Email: <a href="mailto:clerk.stismaelscc@gmail.com">clerk.stismaelscc@gmail.com</a><br><br>Facebook:<br><a href="https://www.facebook.com/St-Ishmaels-Community-Council-2153902847954281/">https://www.facebook.com/St-Ishmaels-Community-Council-2153902847954281/</a> | <p><a href="https://www.facebook.com/St-Ishmaels-Community-Council-2153902847954281/">https://www.facebook.com/St-Ishmaels-Community-Council-2153902847954281/</a> Practical support e.g. shopping, errands, keeping in touch, contact via FB page, 07825 003648 or you can email <a href="mailto:clerk.stishmaelscc@gmail.com">clerk.stishmaelscc@gmail.com</a> or contact Cllr Gloria Squires on 01267 267477. If you need our help, please contact Julie on 07825 003648 or Gloria on 01267 267477 and we will do our best to assist you. VERIFIED</p> |
| <b>Stay Alive APP</b>                         | <ul style="list-style-type: none"> <li>Mental Health</li> <li>Wellbeing</li> </ul> | Website:<br><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>   | <p>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.</p>  |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                             | <b>Type of Support</b>   | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
|---|--|--|---|
| <b>Stress Control Online - NHS/HSE</b>  | <ul style="list-style-type: none"> <li>• Mental Health</li> </ul>                      | Website: <a href="http://www.stresscontrol.org">www.stresscontrol.org</a>  | <p>These 'Stress Control' sessions will Live Stream' over the next three weeks and may be shown again in May. Scheduled at 2pm and 8.30pm on Mondays and Thursday beginning on 13th April. Taught by Dr. Jim White, Consultant Clinical Psychologist, who devised the class and who has taught most of the NHS (UK) and HSE (Ireland) trainers. Go to the website <a href="http://www.stresscontrol.org">www.stresscontrol.org</a> to learn more and to get all the dates and times, plus booklets, self-assessment, relations and mindfulness in the 'Free Zone'. To access the classes at the scheduled times go to <a href="https://www.youtube.com/channel/UCACjHz3TTiM7ieqJf2iU_EQ">https://www.youtube.com/channel/UCACjHz3TTiM7ieqJf2iU_EQ</a></p> |
| <b>Students Against Depression</b>      | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>   | Website: <a href="http://www.studentsagainstdepression.org">www.studentsagainstdepression.org</a>                              | Information, advice and real-life stories specifically, for students struggling with depression. Online.  |
| <b>Student Health (NHS APP)</b>         | <ul style="list-style-type: none"> <li>• Mental health</li> <li>• Wellbeing</li> </ul> | 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>Surplus Food Distribution Centre</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>                            | Telephone: 01554 772056  | Surplus Food Distribution Centre, Cetma Centre, Marsh Street, Llanelli, SA15 1BG, Contact Colette Ingram on 01554 772056, Open Monday, Wed + Friday (10am - 4.30pm)   |





**Community Mental Health Support – COVID-19**

| Name  | Type of Support   | Telephone / Email / Facebook /Website   | Comments  |
|---|---|---|---|
| <b>The Calm Zone</b>                                      | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Website: <a href="http://www.thecalmzone.net">www.thecalmzone.net</a><br><br>Helpline: 0800 58 58 58  | The Campaign Against Living Miserably (CALM) is leading a movement against suicide, the single biggest killer of men under 45 in the UK. Helpline:0800 58 58 58; 5pm–midnight, 365 days a year. Online, helpline, livechat.   |
| <b>The Family Foundation - #Family Connectors Project</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Mobile: 07761 958219<br><br>Website: <a href="http://www.thefamilyfoundation.co.uk">www.thefamilyfoundation.co.uk</a><br><br>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. |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                  | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>  | <b>Comments</b>   |
|------------------------------|---|---|---|
| <b>The Lewis Arms, Bynea</b> | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Telephone: 01554775533  | <p>The Lewis Arms, Bynea have set up a foodbank for local people who are struggling to access the supermarkets or other food shops in the Bynea area, If you know anyone who is struggling because they are self-isolating, elderly or are keyworkers with heavy work commitments and don't have time to shop, please message directly Please do not just turn up at the pub, collections by arrangement only, deliveries may be possible, contact us for more details. If you would like to make any food donations please do this by arrangement only with Samantha Thomas-Worrall or Danny on 01554775533. Lewis Arms have now opened a shop. VERIFIED</p> |
| <b>The Mix</b>               | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 0808 808 4994<br><br>Website:<br><a href="https://www.themix.org.uk/mental-health">https://www.themix.org.uk/mental-health</a> | <p>Understanding mental health can be tricky but The Mix is here to make sure you don't have to do it alone. Online, helpline, email, crisis messenger and online chat.</p> <p>Helpline: 0808 808 4994 - Monday-Sunday, 4:00pm - 11:00pm</p>  |



Community Mental Health Support – COVID-19

| Name                     | Type of Support   | Telephone / Email / Facebook /Website  | Comments  |
|--------------------------|---|--|---|
| <b>The V C Gallery</b>   | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Telephone: 01437 765873<br>Email: <a href="mailto:admin@thevcgallery.com">admin@thevcgallery.com</a><br>Facebook:<br><a href="https://www.facebook.com/VCPembrokeDock/">https://www.facebook.com/VCPembrokeDock/</a> | <p><b>ART ENGAGEMENT</b><br/>           Help service veterans and those in the wider community by getting them engaged in a variety of art projects. The VC Gallery passionately believe that art and culture can improve health, wellbeing and overall quality of life.</p> <p>Currently providing telephone support, support via Facebook and online classes and activities via Facebook and Zoom.</p> <p>Also, Carys is available to chat via Facebook or Email <a href="mailto:carys@thevcgallery.com">carys@thevcgallery.com</a></p> <p>Address: 30 High Street, Haverfordwest SA61 6AH.</p> |
| <b>The Worrinots APP</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Website: <a href="https://www.worinots.com/">https://www.worinots.com/</a>   | <p>Worinots provides children with a safe place to share their fears and anxieties, which in turn provides them with practical and fun coping mechanisms for their fears using one of the four Worrinots characters.</p>  |



Community Mental Health Support – COVID-19

| Name   | Type of Support  | Telephone / Email / Facebook /Website   | Comments  |
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| <b>Time Banking Pembrokeshire / Carmarthenshire / Ceredigion</b> | <ul style="list-style-type: none"> <li>Volunteering</li> </ul> | Website: <a href="http://www.connect2pembrokeshire.org.uk">www.connect2pembrokeshire.org.uk</a><br><br>Website: <a href="http://www.connect2carmarthenshire.org.uk">www.connect2carmarthenshire.org.uk</a><br><br>Website: <a href="http://www.connect2ceredigion.org.uk/">www.connect2ceredigion.org.uk/</a> | <p>Time Banking makes use of assets and resources within a community that may be overlooked in conventional economic transactions.</p> <p>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.</p> |
| <b>Trimsaran Community Support (FB Group)</b>                    | <ul style="list-style-type: none"> <li>Support</li> </ul>      | Telephone: 07711551762<br><br>Facebook: <a href="https://www.facebook.com/groups/658569608293580/about/">https://www.facebook.com/groups/658569608293580/about/</a>   | <p>Community group recruiting volunteers to support community, coordinated by Cllr Kim Broom.</p>   |



### Community Mental Health Support – COVID-19

| Name                    | Type of Support   | Telephone / Email / Facebook /Website | Comments  |
|-------------------------|---|---------------------------------------|---|
| <b>Tyisha Food Bank</b> | <ul style="list-style-type: none"><li>Support</li></ul> | Telephone: 07583 525635               | <p>Tyisha Food Bank (until the pandemic is over, we are covering all of the 5 town wards as well as Dafen and Felinfoel). If you don't have food, either phone, text, message us on WhatsApp or contact us on our Facebook page (Tyisha Foodbank at Tyisha Positive Action Group).</p> <p>In normal times we would be open 3 times a week but since Covid19 we are open every day and <b>we deliver all of the food parcels</b> as we think that is safer, enabling people to stay in their homes and not congregate near the foodbank (food parcels can be very heavy to carry as well).</p> <p>Contact Tyisha councillors, Cllr Suzy Curry 0756 1566 456 or Cllr Andre McPherson 07583 525635 or message the Tyisha Foodbank Facebook page – VERIFIED UPDATED</p> |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                              | <b>Type of Support</b>                                    | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>   |
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| <b>Upper Gwendraeth Valley Food Bank</b> | <ul style="list-style-type: none"> <li>Support</li> </ul> | <p>Telephone: Tumble Hall 01269 841213 Ext 7 for Foodbank</p> <p>Telephone: CDO Sue James for assistance/referral 01269 841213 Ext 4</p> | <p><b>Upper Gwendraeth Valley Food Bank</b> Llannon Community Council working with services across Gwendraeth and Carmarthenshire have set up a foodbank to support those who have been adversely affected by COVID-19. Individuals and families who have been impacted by the economic fallout of the virus.</p> <p>Those who are eligible:</p> <ul style="list-style-type: none"> <li>• Those who have lost earnings due to a reduction in their working hours</li> <li>• Those who have lost their employment completely</li> <li>• Those on furlough</li> <li>• Self-employed and waiting for benefits to come through are also eligible.</li> </ul> <p>These criteria are not conclusive and we will assess people on an individual basis. We will work with other Services and Food Banks to meet the needs of individuals and families.</p> <p>The food bank will be based in Tumble Hall and food parcels will be delivered across the Upper Gwendraeth Valley on Monday, Wednesday and Friday afternoons.</p> <p>Contact Tumble Hall on 01269 841213 extension 7 for Foodbank - or extension 4 for CDO Sue James for details on how to ask for assistance or to refer someone who may need support. VERIFIED</p> |



**Community Mental Health Support – COVID-19**

| <b>Name</b>              | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>  | <b>Comments</b>   |
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| <b>Veteran's Gateway</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> </ul>      | Website:<br><a href="https://www.veteransgateway.org.uk/local-support/">https://www.veteransgateway.org.uk/local-support/</a>     | 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. 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.  |
| <b>Welsh Government</b>  | <ul style="list-style-type: none"> <li>• Government Support</li> <li>• Support</li> </ul> | Website:<br><a href="https://gov.wales/discretionary-assistance-fund-daf">https://gov.wales/discretionary-assistance-fund-daf</a> | Families who are experiencing financial hardship and are unable to meet the cost of their immediate needs are able to apply to the Discretionary Assistance Fund for an emergency assistance payment (EAP) which can help with the cost of food, gas and electricity. Applications for these crisis payments can be made using the link below which also includes more information on this scheme. These crisis payments are made within 24 hours and are open to anyone who is experiencing financial hardship.<br><a href="https://gov.wales/discretionary-assistance-fund-daf">https://gov.wales/discretionary-assistance-fund-daf</a> |



## Community Mental Health Support – COVID-19

| Name  | Type of Support   | Telephone / Email / Facebook /Website  | Comments  |
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| <b>WWIAS – West Wales Integrated Autism Service (Hywel Dda)</b> | <ul style="list-style-type: none"><li>Support</li></ul> | Telephone: 01267 283070<br><br>Email: <a href="mailto:westwalesias.hdd@wales.nhs.uk">westwalesias.hdd@wales.nhs.uk</a> | <p>The West Wales Integrated Autism Service (WWIAS) are pleased to be able to offer a new opportunity for individuals to gain autism related support. We will be running our information hubs virtually for the foreseeable future through Microsoft Teams. These sessions will be a support session where you can discuss difficulties and what matters to you confidentially. The sessions will be run by an autism specialist clinician and an autism specialist support worker. Guidance will be made available to support you to access Microsoft Teams. You will need to be able to access an electronic device that has internet connection. At the time of booking we will need your name, email address and phone number so we can contact you in case of any problems with IT access. We will also ask if you could give a brief description of what you would like to discuss. To find out more about the Integrated Autism Service or to book a 45-minute virtual appointment and talk to us about how autism affects you and your family please contact us. If you don't feel comfortable using Teams, then please let us know and a telephone slot can be booked instead.</p> |





**Community Mental Health Support – COVID-19**

| <b>Name</b>                      | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>  | <b>Comments</b>  |
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| <b>Whitland Town Council</b>     | <ul style="list-style-type: none"> <li>Support</li> </ul>       | Facebook:<br><a href="https://www.facebook.com/whitlandtc/">https://www.facebook.com/whitlandtc/</a>  | There are regular updates with advice from UK Government, Welsh Government, Carmarthenshire County Council, MIND, AgeCymruSirGar, and many others as well as topical updates on keeping yourself healthy at this time on the Facebook page - <a href="https://www.facebook.com/whitlandtc/">https://www.facebook.com/whitlandtc/</a> |
| <b>Winston's Wish</b>            | <ul style="list-style-type: none"> <li>Support</li> </ul>       | Telephone: 08088 020 021<br><br>Website:<br><a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a><br><br>Email:<br><a href="mailto:email_ask@winstonswish.org">email_ask@winstonswish.org</a>                         | Supporting children and young people after the death of a parent or sibling. Online, helpline, email, crisis messenger and online chat.  |
| <b>World Health Organisation</b> | <ul style="list-style-type: none"> <li>Mental Health</li> </ul> | Website:<br><a href="https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8">https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8</a> | Official advice from the World Health Organisations on maintaining mental well-being during the coronavirus outbreak.  |



**Community Mental Health Support – COVID-19**

| <b>Name</b>  | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>   | <b>Comments</b>  |
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| <b>WWAMH - West Wales Action for Mental Health</b> | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Safeguarding</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Website: <a href="http://www.wwamh.org.uk/">http://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. 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> |
| <b>Young Minds</b>                                 | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul>                         | Website: <a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/</a> | If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do. Online.  |
| <b>Young Minds</b>                                 | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul>                         | Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a><br>Text: YM to 85258   | Young Minds is a UK-wide charity committed to improving the emotional well-being and mental health of children and young people. Online, Text. Text: YM to 85258; available 24/7.  |
| <b>Young People Speak Up</b>                       | <ul style="list-style-type: none"> <li>• Support</li> </ul>   | Telephone: 07972651920<br>Email: <a href="mailto:info@peoplespeakup.co.uk">info@peoplespeakup.co.uk</a>  | If you would like to join our weekly Google Hangout sessions, please get in touch. A creative time to talk and to listen! Ages: 11-16.   |



**Community Mental Health Support – COVID-19**

| <b>Name</b>                                 | <b>Type of Support</b>  | <b>Telephone / Email / Facebook /Website</b>  | <b>Comments</b>  |
|---|---|---|--|
| <b>Young Person's Mental Health Toolkit</b> | <ul style="list-style-type: none"> <li>• Government</li> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul> | Website:<br><a href="https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/en">https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/en</a> | Young Person's Mental Health Toolkit directs young people, aged 11-25 to a variety of online resources that can help them through lockdown and beyond. Resources include Self-help Websites, Apps, Helplines and more, including tips, advice and guidance on Crisis, Anxiety, Keeping Healthy, Low Mood and Loss. |
| <b>Young Scot</b>                           | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Support</li> <li>• Wellbeing</li> </ul>                       | Website:<br><a href="https://young.scot/campaigns/national/coronavirus/">https://young.scot/campaigns/national/coronavirus/</a>   | It's easy to feel a bit overwhelmed and scared by everything you're hearing about coronavirus disease (COVID-19) right now. Find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others. Online.  |