



Pembrokeshire Mental Health Directory 2021

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

WWAMH
18 Queen Street
Carmarthen
Carmarthenshire
SA31 1JT

01267 245572
director@wwamh.org.uk



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Organisation	Address	Telephone/Email/Website	Service Provided
ACTivate your life courses.		Tel: 01437 8334429 Email: ACT.hdd@wales.nhs.uk	<p>Activate your life is a psychology course that will help you to understand your mind. The course is based on a relatively new approach to therapy – Acceptance and Commitment (ACT).</p> <p>ACT helps people overcome their suffering using ‘mindfulness’ and by helping you to understand how-to-live in accordance with you own important values. The course is all about having a better life.</p>
Active 10 (NHS APP)		Website: https://www.nhs.uk/oneyou/active10/home	<p>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.</p>
Adlerian Society of Wales	56 St James Street Narbeth SA67 7DA	Tel: 01834 860330 Email: office@adleriansocietywales.org.uk Website: www.adleriansocietywales.org.uk	<p>The Society is not only a counselling and training centre, but also a Charity. The Charity itself is funded through donations, room hire, membership etc. The income we generate through these activities helps fund low cost counselling, Community Wellbeing Hubs and our Welcome Visitor Project, working with the elderly, offering social interaction and support in Car Homes and in their own homes.</p> <p>Funding received in February 2020 for counselling sessions for children and young people aged 14-21.</p>



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<p>Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC)</p>		<p>Website: www.advocacywestwales.org.uk</p>	<p>Advocacy West Wales are now also offering FREE & INDEPENDENT All Ages Mental Health Advocacy as well as Mental Health Advocacy for Children & Young Persons in Ceredigion. Tel: 01970 229116 (Ceredigion).</p> <p>Community Mental Health Advocacy for Adults in Carmarthenshire and Pembrokeshire: Advocacy West Wales provide an independent advocacy service and they can help you access mental health support services in Pembrokeshire and Carmarthenshire. Speak to an independent mental health advocate. Availability: Monday-Friday 09:00 - 17:00 (Not Bank Holidays). Tel: 01267 231122 (Carmarthenshire) or 01437 762935 (Pembrokeshire).</p> <p>Independent Mental Health Advocacy for People of All Ages in Carmarthenshire, Ceredigion and Pembrokeshire: Advocacy for people who are informal or detained, being treated or assessed in hospital for their mental health (including dementia). Also, people on section of the Mental Health Act and living in the community. Availability: Monday - Friday 09:00-17:00 (Not Bank Holidays) Tel: 01267 223197 or FAX a referral to 01437 839174 or Email: imha@advocacywestwales.org.uk.</p> <p>Continued/...</p>



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



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Age Cymru		Telephone: 0300 303 4498 Email: enquiries@agecymru.org.uk Website: https://www.ageuk.org.uk/cymru/ Facebook: https://www.facebook.com/Age-Cymru-Sir-Gar-237052943365286/	Age Cymru 'Check in and Chat' telephone service for the over 70s in Wales who live alone. It is hoped that the initiative will help provide some reassurance to older people, answer basic queries and link people to local services and support during the Coronavirus outbreak. Free of charge to register with Age Cymru to receive a regular telephone call from the charity in either English or Welsh. Availability: Monday – Friday 09:30 – 16:30
Age Cymru Dyfed	34-36 Market Street Haverfordwest Pembrokeshire SA61 1NH	Tel: 01437 723370 Email: reception@agecymruduyfed.org.uk Website: www.ageuk.org.uk/cymru/dyfed/	Currently the offices are not open for callers in person due to Covid-19 Guidelines. Monday to Thursday 10am-1pm & 2pm-4pm Range of services for older people (50+). Free confidential information and advice on welfare benefits and entitlements. Also be supported by our befriending scheme and carer support programme. Hospital discharge scheme, advocacy, befriending. Active ageing and Healthy Living Project. Odd job schemes. Loan of mobility aids, and home safety checks. Support for carers. Age resource desk for people aged 50+.



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Age Cymru Dyfed		<p>Tel: 01437 723370 (Haverfordwest) Tel: 01554 784080 (Llanelli) Tel: 01970 615151 (Aberystwyth) Tel: 01239 615777 (Cardigan)</p> <p>Email: reception@agecymrudfyfed.org.uk</p> <p>Befriending Life Links Contacts: Pembrokeshire: Emma – Emma.Bingham@agecymrudfyfed.org.uk Mobile: 07415 721205</p> <p>Carmarthenshire: Jo-Anne – Jo-Anne.Zepettis@agecymrudfyfed.org.uk Mobile: 07985 169934</p> <p>Ceredigion: Sue – Sue.Lewis@agecymrudfyfed.org.uk Mobile: 07402 255010</p>	<p>We are currently monitoring the Covid-19 guidelines from the Welsh Government and are committed to making our services available safely and compliantly. If you have any questions regarding our services and current delivery, please use the contact details provided for that service or email.</p> <p>Age Cymru Dyfed operates across Pembrokeshire, Carmarthenshire and Ceredigion, supporting individuals over 50 to maintain their independence and make the most of later life. We do this through a range of services across the three counties. Please note that the delivery of some of our services has been adapted in line with Welsh Government guidelines.</p> <p>Age Cymru offers: Information and Advice, Digital Support, Advocacy, Dementia Advice, Befriending Life Links, Byw Adref Home Cleaning, Veterans Support, Handyperson and Gardening, Ceredigion 3rd Sector Community Resource Team, Toe Nail Cutting (this service is currently suspended due to Covid-19 guidelines), Falls Prevention Classes.</p> <p>Continued/...</p>



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Age Cymru Dyfed Continued/...			Continued/... Opening Hours: Haverfordwest: Monday–Thursday, 10am-1pm & 2pm-4pm Llanelli: Monday–Friday, 10am-1pm & 2pm-4pm Aberystwyth: Monday-Friday, 10am-1pm & 2pm 4pm Cardigan: Monday-Thursday, 10am-1pm & 2pm-4pm
Age Cymru Dyfed – Digital Champions		Tel: 01554 784080 Email: p.mcilroy@agecymru@agecymrudyfed.org.uk	Age Cymru Dyfed have got dedicated Digital Champions on hand to support people 50+ to make the most of technology. Through free sessions delivered safely over the phone, we can guide you through the tasks that you want to achieve. Whether that be video calling family and friends, making an online shop, or pursuing hobbies and interests, we are here to help. Simply give Age Cymru Dyfed a ring or email.



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Age Cymru Dyfed – 50+ Living at Home Supporting Independence / 50+ Byw Adref Cefnogi Annibyniaeth		Tel: 01239 615556 Email: bywadref@agecymrudyfed.org.uk Website: www.ageuk.org.uk/cymru/dyfed/	<p>Support for people with Dementia, Parkinson and other illnesses that have cognitive degeneration or memory loss across Ceredigion.</p> <p>Byw Adref Home Cleaning is an award-winning service within Ceredigion and North Pembrokeshire, which is expanding into Carmarthenshire. Household chores, assistance with laundry, ironing, shopping, someone to chat to. Offering free benefit checks. Staff are DBS (police) checked. Staff are insured to working in your home. A friendly face, a service tailored to your individual needs and peace of mind.</p> <p>North Ceredigion: Chris Harris South Ceredigion: Carys Edwards</p> <p>Phone 01239 615556 for information or referral form.</p>
Alzheimer's Society Pembrokeshire		Tel: 01646 692329 Website: www.alzheimers.org.uk	Support and befriending for people with dementia and their Carers.



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Amethyst Project	Small World Theatre Cardigan SA43 1JY	Tel: 01239 615 952 Email: deri@smallworld.org.uk Website: www.smallworld.org.uk/amethyst	Workshops for young people who have experienced issues around self-harm, anxiety, depression, low confidence and low self-esteem. Workshops also available for parents or guardians of young people that are struggling with the above issues.
Area 43	1 Pont y Cleifion Cardigan Ceredigion SA43 1DW	Tel: 0800 0385778 / 01239 614566 Website: https://www.area43.co.uk/	School counsellors. Offer counselling remotely, via Zoom, an online platform using text, audio or video link or over the phone. For school age children/young people in Ceredigion, Carmarthenshire and Pembrokeshire. Availability: Monday – Friday 09:30 – 17:00. To access counselling support, please complete the self-referral link and a counsellor will contact you. https://www.area43.co.uk/referrals/



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Arts 4 Wellbeing		Tel: 01559 363273	Engage, Inspire, Motivate. Harnessing creativity, Improving lives and community.
Autism Wellbeing CIC		Tel: 07393 664048 (Rorie Fulton) Email: rorie@autismwellbeing.org.uk	<p>Autism Wellbeing is a West Wales based non-profit community organisation that provides support to autistic people and their families. There are 2 Facebook peer support groups that are moderated by Autism Wellbeing. People are welcome to join either or both. Covid-19 peer support group for autistic people. Covid-19 peer support group for parents and carers of autistic people.</p> <p>Our services include a telephone helpline for autistic people, parents and professionals, sensory equipment loan, autism diagnostic assessment (NICE compatible), Visual Stress (Irlen Syndrome) Screening, one-to-one and group specialist psychological support and Responsive Communication home visits. Specialist psychological support and Responsive Communication support can also be provided online.</p>



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



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



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BEAT Eating Disorders Continued/...			<p>Continued/...</p> <p>Nexus is Beat’s new telephone advice and coaching service for anyone supporting someone with recovery from an eating disorder. Through a series of weekly calls, it’s designed to provide carers with a place to talk through what they are going through and empower them to help their loved one towards positive change. https://www.beateatingdisorders.org.uk/support-services/someone-else/telephone/nexus</p> <p>Bolster is Beat’s new telephone coaching service for people who have an eating disorder. It’s designed to build confidence through recovery via a series of weekly phone calls with one of our advisors. https://www.beateatingdisorders.org.uk/support-services/myself/telephone/bolster</p> <p>Our Helpline, which covers phone calls, one-to-one webchat, email and online peer support groups is now open from 9am – 8pm on weekdays and 4pm–8pm on weekends and bank holidays! Tel: 0808 801 0677 https://www.beateatingdisorders.org.uk/support-services</p>



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Bipolar UK		Tel: 0333 323 3880 Email: info@bipolaruk.org Website: www.bipolaruk.org.uk	Bipolar UK is the national charity dedicated to supporting people affected by bipolar. Supporting people with bipolar to stay well. This includes those with bipolar, those pre-diagnosis, and supporting their family and friends. Services available: One to one telephone and email peer support. E community with over 2,500 registered users. Peer support groups across Wales and also employment support to employers and employees.
Bipolar UK Tenby Support Group	Augustus Place Community Centre, Augustus Place, Tenby SA70 7DJ		Meets 2 nd Tuesday of every month from 7.00pm – 9.00pm
Breathe APP		Website: https://www.stopbreathethink.com/	Recommended by the NHS. Stop Breathe Think, Meditation & mindfulness app to help you feel strong, connected and inspired through life's ups and downs.
Breath Works APP		Website: https://www.breathworks-mindfulness.org.uk/	App recommended by NHS. Guided meditations for mindfulness, helps to live well with pain, illness and stress.
Bwcabus		Tel: 01239 801601 Website: www.bwcabus.info	<p>A fully accessible local bus service, which operates within a specific zone providing both fixed-route services and pre-booked demand-responsive journeys, allowing the possibility to travel where and when you want (unlike with a conventional bus service).</p> <p>We enable people to travel between local towns and villages or connect to main-line bus services to travel further afield. Whether you need access to healthcare, local services, employment and training or to visit family and friends, Bwcabus can assist. Opening hours: 7am to 7pm daily except bank holidays.</p>



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Care and Repair	Meyler House St Thomas Green Haverfordwest SA61 1QP	Tel: 01437 766717 Email: CareRepair@pembs-ha.co.uk Website: www.pembs-cr.co.uk	Monday to Thursday 9am to 5pm and Friday 9am to 4.30pm. Not for Profit organisation. Help for elderly people for home repairs, improvements and adaptations.
Careers Wales		Website: www.careerswales.com	Provides specialist adult guidance advisers who are trained to help with your personal and career development needs. Their qualified advisers can help you to make the right choices for your future. Individual appointments are available with an Adult Guidance Advisor who will listen to what you want and discuss your options in a practical and positive way.
Care First		Telephone: 0332 129 212 Email: EAPqueries@socialcare.wales	Care First are providing an Employee Assistance Programme to all those in the social care workforce in the private and voluntary sector. Care First can help with a wide range of work, family, and personal issues. From work-life balance to childcare information, relationships to workplace issues, health and wellbeing, the EAP can support people to deal with the issues that affect us all at some point in our lives.
Carers Development Worker		Tel: 01437 771196	Developing services for carers.



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Organisation	Address	Telephone/Email/Website	Service Provided
Carers Emergency Card Service		Tel: 01554 745480 Tel: 01792 772146	Emergency card service for carers.
Carers Support		Contact: Heather Flowers Tel: 01834 844177 Mob: 07966876108	
Organisation	Address	Telephone/Email/Website	Service Provided
Catch It (NHS APP)		Website: https://www.nhs.uk/apps-library/catch-it/	Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary. The FREE app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).
CIPA - Ceredigion Independent Professional Advocacy		Telephone: 0800 2061387 Website: cipawales.org.uk	Ceredigion Independent Professional Advocacy (CIPA) – a collaboration between Advocacy West Wales / Eiriolaeth Gorllewin Cymru and Pembrokeshire People First (PPF) 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. Office base: 27 Pier Street, Aberystwyth, Ceredigion SY23 2LN.



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Organisation	Address	Telephone/Email/Website	Service Provided
Citizens Advice Bureau (CAB)	43 Cartlett Haverfordwest SA61 2LH 38 Meyrick Street Pembroke Dock SA72 6UT Town Hall Milford Haven SA73 3JW PATCH Milford Haven SA73 3LD Memorial Hall High Street St David's SA62 6SD	Tel: 03444 772020 (Monday to Friday 10am to 4pm) Haverfordwest CAB Tel: 01437 763242 Website: www.citizensadvice.org.uk New local advice line March 2020 Tel: 01437 806070 (Tues & Thurs 10am-5pm) (Weds 10am – 5.30pm)	Haverfordwest CAB Thursday and Friday 9am to 4pm for appointment only. Monday 10am to 12 noon and 1pm to 3pm Tuesday 10am to 1pm Wednesday 10am to 1pm Pembroke Dock CAB Tuesday 9am to 4pm for appointment only. Provides general housing advice, improving current housing conditions, welfare benefits, debt and financial health checks. Providing information and advice. Profile services, volunteering information and campaigns. Helps people resolve their money, legal and other problems by providing information and advice. Profile, services, volunteering information and campaigns. Continued/...



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Citizens Advice Bureau (CAB) Continued/...	Town Hall Market Square Fishguard SA65 9HE MeddygfaWdig Main Street Goodwick SA64 0BN		
CLIC (Hafal)	Hafal Head Office Unit B3 Lakeside Technology Park Phoenix Way Llansamlet Swansea SA7 9FE	Tel: 01792 816600 Email: David.vice@hafal.org Email: Jacki.chard@hafal.org Website: Hafal.org/clic	<p>Clic is Hafal's new online community for people with a mental illness and their Carers.</p> <p>Our safe and positive online space gives you the chance to: Chat and make friends as loneliness can be a huge issue with people with mental illness and their Carers.</p> <p>Give support to and receive support from people with similar experiences.</p> <p>Being able to communicate in either English and Welsh. Get helpful information and contacts.</p>
Community Advice and Listening Line (CALL)		Tel: 0800 132737 Text: help to 81066 Website: www.callhelpline.org.uk	<p>A 24/7 confidential mental health helpline for Wales, supporting</p> <ul style="list-style-type: none"> • those suffering from mental distress, their relatives and their friends • parents whose child has attempted suicide or have lost a child through suicide • vulnerable adults who are suffering abuse



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Organisation	Address	Telephone/Email/Website	Service Provided
Community Connectors	36-38 High Street Haverfordwest SA61 2DA	Tel: 01437 769422 Email: communityconnectors@pavs.org.uk Website: www.pavs.org.uk	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 Drug and Alcohol Team (CDAT)	Haven Way Fort Road Pembroke Dock SA72 6SX	Tel: 01646 690327 Email: substancemisuse@pembrokeshire.gov.uk	Monday to Friday 9am to 5pm. Consultation assessment, care coordination, substitute prescribing, community detox, access to inpatient detox and residential rehabilitation. Structured support, care planned treatment and carers assessments.
Community Mental Health Service (CMHS)	Bro Cerwyn Centre Fishguard Road Haverfordwest SA61 2PZ	Tel: 01437 773157 Tel: 01437 762935 for referrals to the CMHS.	Monday to Friday 9am to 5pm. Community Mental Health Service.



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Connect Cysylltu		www.connectpembrokeshire.org.uk / www.cysylltusirbefro.cymru www.connectcarmarthenshire.org.uk / www.cysylltusirgar.cymru www.connectceredigion.org.uk / www.cysylltuceredigion.cymru	<p>The Connect project is pleased to launch three bilingual, digital platforms across West Wales. Funded by the Welsh Government's Transformation Fund, and commissioned by West Wales Care Partnership, these platforms are intended as a digital way for all West Wales residents to find and help each other out by sharing their time on an equal basis.</p> <p>The platforms feature a Teams space where community members can collaborate and work on ideas that will improve their area. There will also be a space for community groups and services to showcase online and offline events and activities. Our platforms are proud to work with the recently launched Connect to Kindness campaign.</p> <p>There is a huge range of helpful videos on the platforms to help you find your way around and more will be released through our Facebook page in the coming weeks.</p>
Couch to 5K (NHS APP)		Website: https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/	NHS App helping you build up with a mix of running and walking from couch potato to 5K in just 9 weeks.
Crossroads		Tel: 01437 764639	Provides respite care for carers.



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Creative Letters of Kindness		Email: info@peoplespeakup.co.uk Website: http://www.peoplespeakup.co.uk/	We are inviting letters of kindness to older people that are living alone or in residential care homes. If you would like to create a letter, please get in touch and we will make the match!
Cruse Bereavement Care	PO Box 34 Haverfordwest SA61 1YS	Tel: 0800 288 4700 Email: westwales@cruse.org.uk Website: www.cruse.org.uk	Leading National Charity for bereaved people. Vision is that all bereaved people have somewhere to turn when someone dies. Free and confidential services provided by trained volunteers.
Cyfle Cymru		Tel: 01267 231634 Email: ask@cyflecymru.com Website: www.dacw.co.uk/about-cyfle-cymru	Peer mentoring service which provides help to people to develop confidence, and provide support to access training, qualifications and work experience. We help people affected by substance misuse and / or mental health conditions to gain the skills necessary to enter the world of work. People who are eligible are: Those aged 16 to 24 and not in employment, education and training. Those aged 25 or over and long term unemployed or economically inactive.
Days Off (NHS APP)		Website: https://www.nhs.uk/oneyou/for-your-body/drink-less/	NHS app to track the days you drink alcohol and the days you don't.



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Daylio Diary Mood Tracker (NHS APP)		Website: https://daylio.webflow.io/	Daylio is a FREE app which enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.
Dementia Support Groups		Tel: 01646 692329	Support for carers.
DEWIS (Centre for Independent Living – CIL)	Suite 3B Cedar Court Haven's Head Business Park Milford Haven SA73 3LS	Tel: 01646 629123 Email: advocacy@dewiscil.org.uk Website: www.dewiscil.org.uk/advocay	Generic Advocacy Service for Pembrokeshire. Service can be accessed free of charge if over 18 years, live in Pembrokeshire, have a learning disability, physical disability, a sensory impairment, you are a Carer, you are a vulnerable adult due to age, health condition or assessed need including autism, ASD, dementia, mental health issues and an acquired brain injury. Persons must be in receipt of Social Services in Pembrokeshire or eligible to receive a service under the Fair Access to Care (FACS) criteria that priorities eligibility for care and support within the NHS and Community Care Act.



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Dezza's Cabin	Drop-in Centre at 17A High Street, Haverfordwest	Email: dezzascabinkw@gmail.com Website: dezzascabinsupport.co.uk	<p>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.</p> <p>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. We also can provide clothing for those in need.</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.</p> <p>All the support on offer will be advertised on Dezza's Cabin https://www.facebook.com/groups/dezzascabin/?epa=SEARCH_BOXParent and Toddler Group at Monkton Community Centre on a Friday.</p>



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DPJ Foundation	Ground Floor Rear Office 5 Dark Street Haverfordwest SA61 2DS	Confidential helpline: 0800 587 4262 Text: 07860 048799 Email: contact@thedpjfoundation.com Website: www.thedpjfoundation.com	We support people in rural communities with poor mental health, especially men in the agricultural sector. Text: 07860 048799 or Phone: 0800 587 4262 (Confidential)
Dyfed Drug and Alcohol Service (DDAS)	First Floor Allied House Ebenezer Row Haverfordwest SA61 2JP	Tel: 0808 808 2234	An all in one substance misuse service for Pembrokeshire. DDAS provides services to: <ul style="list-style-type: none"> • Drug and alcohol users including those on the criminal justice system. • The families, partners, carers and friends of drug and alcohol users. • Professionals from organisations such as GPs and their surgery staff, probation workers, social workers, hospital staff, police and staff employed in housing support services and other social care organisations. DDAS is a single point of contact telephone line and email address for referrals and advice. DDAS offers the following support and interventions for adults with substance misuse issues: Engagement, Treatment, Recovery Service, Criminal Justice Services, Service User Involvement, Family and Carer Support, Training and Professional Advice and Partnership Working.



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Easy Meals (NHS APP)		Website: https://www.nhs.uk/oneyou/for-your-body/eat-better/	NHS App offering ways to eat foods that are healthier.
Eiriol Mental Health Advocacy		Tel: 01267 231122 Email: admin@advocacywestwales.org.uk Website: www.advocacywestwales.org.uk	Eiriol Mental Health Advocacy has merged with Advocacy West Wales – Eiriolaeth Gorllewin Cymru. Please see information in the Advocacy West Wales / AWW-EGC entry for details of all services. Advocacy for over-18s with mental health problems and carers. Provides help by listening, gathering information that you may need to progress and advises on rights under the Mental Health Act.
Elliotts Hill	Crowhill Road Haverfordwest SA62 6HT	Tel: 01437 764720 Email: info@elliottshill.com Website: www.elliottshill.co.uk	Monday to Friday 8.30am to 6.30pm and Saturday 9am to 1pm. Assisted living facility in Camrose. Supported living, community outreach, learner centre, residential care home, supporting people with complex needs, short breaks. Phone or email for referral form. Residential Private Care Home.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Fishguard and Goodwick Dial a Ride		For enquiries and booking: Tel: 0800 7831584 Open during office hours Monday to Thursday. The Booking Line is closed on Saturdays for last minute cancellations or changes to Saturday journeys, please call The Green Dragon Bus directly on: Tel: 0845 6860242	Running on Thursdays and Saturdays from 9.30am to 4.30pm. Ride free with your concessionary travel pass or pay a fare if you have not got a pass. Anyone who is unable to access public transport can use this service, for any reason. Book your journey by calling free phone: 0800 7831584 up to a week in advance. Bookings must be made by 12 noon on the day before you want to travel. We will pick you up from your door at the agreed time. We use wheelchair accessible vehicles and our driver can give passengers assistance. There is no set route or timetable, we can pick you up anywhere in Town Centre, Lower Town Penyraber, Scleddau, Stop and Call, Dyffryn, Maesgwynne, Manorowen and Harbour Village.
Fishguard Friday Flyer		For enquiries and booking: Tel: 0845 6860242	Running on Fridays between 9am and 4.30pm. Also serves Mathry, Strumble Head, Letterson, Dinas and Trecwn areas.
Forces Line		Tel: 0800 7314880 Website: www.forcesline.org.uk	Monday to Friday 10.30am to 7.30pm. Free confidential help for individuals who have served in the forces and their friends and family.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
FRAME (Blue Sky)	Old Hakin Road Merlin's Bridge Haverfordwest SA61 1XF	Tel: 01437 779442 Email: info@frameltd.co.uk Website: www.pembrokeshire-frame.org.uk	Monday to Friday 9am to 4pm and Saturday 10am to 1pm. Phone or call in. Provides therapeutic training within all aspects of horticulture. Provides work and training opportunities for people with disabilities in shops warehouses, distribution, workshops and administration. FRAME provides around 80 people a week with the opportunity to practice work and train in new skills.
Get Going Project – Pembrokeshire College		Tel: 01437 753337 Email: ai@pembrokeshire.ac.uk	We offer tailored 1-1 support with Personal Development, Training & Courses, Finding Work, Wellbeing and Work Experience. We are back in the office conducting face to face appointments on a 1-1 basis, following the Government strict guidelines and Pembrokeshire College comprehensive risk assessments. We of course will continue to work with people who are still nervous about coming to our offices remotely. Continued/...



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Get Going Project – Pembrokeshire College /Continued...			<p>Continued...</p> <p>The project is open to anyone who lives in Pembrokeshire. For people aged between 16 and 24 who are not in work or education we can work with them from day one. Anyone aged 25+ if claiming a job seeking benefit needs to have claimed for a minimum of 12 months or if someone is economically inactive, we can also work with them from day one.</p> <p>Our aim is to work with our participants in a way which suits them to increase their confidence and employability skills with the aim of progressing them onto volunteering, further learning or into employment.</p>
Get the Boys a Lift	7a Dew Street Haverfordwest Pembrokeshire	Website: www.gettheboyslift.co.uk	Drop in Coffee and Clothing store with access to professionals both online and onsite.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Give Us A Shout		Text: 85258 Website: https://www.giveusashout.org/	<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>
Gwalia	The Bridge St Lawrence Hill Hakin Milford Haven SA73 3LE	Tel: 01646 698820 Email: Annette.brenchley@gwalia.com	<p>Monday to Friday 9am to 5pm. Although can be flexible to meet needs.</p> <p>Specialist floating support schemes for domestic abuse, young persons and ex-offenders.</p> <p>Referrals for domestic abuse scheme can be made from any statutory or voluntary agency or self-referrals.</p> <p>Referrals for young people can be self-referrals or from social services and housing.</p> <p>Referrals for ex-offenders scheme via Wales Probation Trust or Prison Link Cymru.</p> <p>Pre tenancy support, resettlement and tenancy sustainability. Through each stage service users are supported and empowered to overcome the barriers that prevent progression, thus allowing them to achieve safe, socially inclusive and independent lifestyles.</p>



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Hafal Crossroads	Crossroads House 37 Merlin's Hill Haverfordwest SA61 1PE	Tel: 01437 764639 Email: crossroads@hafal.org Website: www.hafal.org/crossroads	<p>A member-led charity working to improve the lives of unpaid carers by giving them time to have a break away from their caring responsibilities.</p> <p>Our core service is the provision of replacement care in the home, delivered by trained carer support workers to give unpaid carers a break.</p> <p>Pembrokeshire Carers Information & Support Service – Telephone: 01437 611002 / Email: pciss@hafal.org</p> <p>Emergency Card Service for Carers – Telephone: 01437 611002.</p>
Hafal Pembrokeshire Family Support		Tel: 0796 6876 108 Email: frances.wray@hafal.org	<p>Provides one to one support, a telephone helpline and group support for carers of people with serious mental illness. Services include emotional support, practical advice and signposting to other services</p> <p>Referral: Carers can self-refer and also via CMHT and GP</p>
Hafal Supporting People		Email: pembscommunity@hafal.org Website: www.hafal.org.uk	<p>Hafal provides support that is flexible enough to meet the needs of each individual to enable them to maintain their tenancies, preventing homelessness and admission to hospital.</p> <p>Referral from the CMHT only.</p>



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Hafal Tenby Resource Initiative	St Asaph Trafalgar Road Tenby	Tel: 01834 844 177 Email: tri@hafal.org	The project provides information about Hafal services in the area that can help problem solve and gives access to advice and mutual support groups. Training sessions are organised at Tenby Resource Initiative and in outreach groups. Referral: Carers, CMHT, GP. Primary Care Team or self-referral.
Hafan Cymru	3 Corner House Haverfordwest SA61 1BW 8 High Street Haverfordwest SA61 2DA	Tel: 01437 769564 Email: enquiries@hafancymru.co.uk Tel: 01437 768671 Website: www.hafancymru.co.uk	Accessible 24 hours for refuge referral and emergencies. Staff available in the refuge during office hours. Housing and support for women and children who have experienced domestic abuse. Self-referral, friends, family members, agency or support worker via telephone.
Happier APP		Website: https://www.happier.com/	Happier is a FREE app which helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach -- use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Havenhurst Unit	Sandhurst Road Milford Haven SA73 3JU	Tel: 01646 692118	Staffed 24 hours. Residential, respite and day care for older service users. Referral via telephone.
Haverfordwest Carers Support Group		Tel: 01437 773219	Carers support.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Headway in South West Wales	Merlin's Court Winch Lane Haverfordwest SA61 2ET	Telephone: 01269 833853 (Carms) Telephone: 01446 740130 (Cered) Telephone: 07958 105596 (Pembs) Email: headwaycarmarthen@hotmail.co.uk dolbach@talktalk.net headwaypembrokeshire@hotmail.co.uk Website: www.headwaysouthwestwales.org.uk/branches/headway-carmarthenshire www.headwaysouthwestwales.org.uk/branches/headway-ceredigion www.headwaysouthwestwales.org.uk/branches/headway-pembrokeshire	Brain injury can make us feel lonely and out of it at times. That is why Headway in South West Wales is here for you and your family. Everybody needs to meet friendly faces – people that 'get' you because they've had similar experiences and appreciate where you're coming from. We all need to chat and do fun things together and that is what your local Headway branches are there for.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Help for Heroes	Unit D11 3&4 Old Bank Buildings Off Main Avenue Treforest Industrial Estate CF37 5UR	Email: Wales.supporthub@helpforheroes.org.uk Website: www.helpforheroes.org.uk	A network of professionals and partners who not only help serving members of the Armed Forces, but also ex-Servicemen and women and their families. This is achieved through physical and emotional rehabilitation and recovery. The charity also identifies new career opportunities and offers financial and welfare support.
HUTS	HUTS Workshop Adpar Newcastle Emlyn SA38 9ED	Tel: 01239 710377 Call & Chat 18+: 01239 562036 Email: huts@hutsworkshop.org Website: www.huts@hutsworkshop.org	HUTS is a mental health and learning disability charity. Providing arts and crafts therapeutic workshops for people with experience of mental health problems. Lots of people in Ceredigion, Carmarthenshire and Pembrokeshire have been benefitting from weekly phone calls from Huts Workshop over the past few months. We are happy to say, that from JANUARY 4th 2021 we are extending this service. We have a new number and will be operating in the evenings and at weekends. If you live in West Wales and feel having a friendly chat will help you feel less isolated, please contact us. Or, if you know someone who you think would benefit from a weekly catch up with a friendly voice, please pass our number on to them. Continued/...



Pembrokeshire Mental Health Directory

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



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
IAWN		Website: www.iawn.wales.nhs.uk/hafan	<p>Local primary mental health support services in Carmarthenshire, Ceredigion and Pembrokeshire run by Hywel Dda University Health Board.</p> <p>Services for people with common, mild to moderate mental health problems. Information, awareness and wellbeing now.</p>
Infoengine		Website: www.en.infoengine.cymru	<p>Infoengine is the directory of third sector services in Wales.</p> <p>Infoengine highlights a wide variety of excellent voluntary and community services that are able to provide information and support so that you can make an informed choice.</p> <p>Infoengine is provided by Third Sector Support Wales, a partnership of County Voluntary Councils and Wales Action for Voluntary Action.</p> <p>Voluntary service at your fingertips. Thousands of services registered. Access on the go via mobile and tablet. Services regularly updated.</p> <p>Your service can be registered for free.</p>
Jobcentre Plus	16-20 Quay Street Haverfordwest SA61 1BH	Tel: 0345 6043719 Minicom: 08456088551	Combined jobsearch and benefits service for people of working age. Personal advisers assist with jobsearch activities and benefits claims. Access to Jobpoint terminals for information on job vacancies. Part of the Department for Work and Pensions.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Key Steps	Pembrokeshire FRAME Merlins Bridge Haverfordwest SA61 1JF	Tel: 01437 779442 Email: pauljones@frameltd.co.uk	Monday to Friday 9am to 4pm and Saturday 10am to 1pm. Supporting people in training, voluntary work and paid employment. Deliver training to develop skills or introduce new ones. Offer support in the workplace environments. Improve confidence and independence. Help with understanding and completing benefits applications and other forms. Aid in CV writing, job searches and applications. Offer advice, guidance and support.
Local Primary Mental Health Support Service (LPMHSS)		Tel: 01437 834429	The LPMHSS is a service for people with common mild to moderate mental health problems such as anxiety, depression and/or stress. The service is delivered in the community and can only be accessed by a GP referral, or through a stress control course which is accessed by self-referral. We offer a variety of services including mental health assessment and advice, support and signposting to other relevant services, stress management course and a range of psychological interventions.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Meic		Tel: 08088 023456 Website: https://www.meiccymru.org	Helpline for young people (up to the age of 25) in Wales. From helping you to find out what is going on in your local area to helping you to deal with a tricky situation, Meic will listen even when no-one else will.
Mental Health Carers Support Group		Tel: 01348 881320 Tel: 01646 687113 or Tel: 01646 697268	Support for carers of people with mental health problems.
MHM Wales – Mental Health Matters Wales	Union Offices Quarella Road Bridgend CF31 1JW	Tel: 01656 651450 Email: admin@mhmwales.org.uk Website: https://www.mhmwales.org.uk/	<p>The IMCA Service provides Independent advocates for people who are deemed to lack capacity to make certain significant decisions as identified in MCA 2005 and who, at the time such decisions need to be made, have no-one other than paid staff to support or represent them or to be consulted. Throughout Carmarthen, Ceredigion and Pembrokeshire.</p> <p>The Paid Representatives (PRPR) are qualified advocates who have specialist knowledge of the Mental Capacity Act and Deprivation of Liberty Safeguards legislation. We can support people who lack capacity across West Wales.</p> <p>Continued/...</p>



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
MHM Wales – Mental Health Matters Wales Continued/...			<p>Continued/...</p> <p>Share Our Recovery through Eating Disorders:</p> <p>Registration Required – Email: sorted@mhmwales.org for details.</p> <p>Every Sunday 5pm – 7pm on Zoom: Coping with ED Peer Support Group for those who are at more developed stages of recovery and continue to use the support and guidance of SORTED. Ages 17+</p> <p>Every Monday 4.30pm – 6pm on Zoom: Coping with ED For those wanting to start their journey of recovery, this group offers support and guidance from people who have recovered. Ages 17+</p> <p>Every Tuesday 4.30pm – 6pm on Zoom: Better Together – Supporting Someone with ED How do I help? What do I say? Can't they just eat? All those questions you want answered from people who have recovered.</p> <p>Continued/...</p>



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
MHM Wales – Mental Health Matters Wales Continued/...			Continued/... Self-Harm Awareness, Recovery and Education: Registration Required – Email: share@mhmwales.org for details and meeting ID. Every Monday 4.30pm – 6pm on Zoom: Coping with Self-Harm Start your journey to recovery. Learn Distraction Techniques and Alternative Coping Strategies that can help you to reduce your self-harm in your own way. Ages 16+ Every Tuesday 4.30pm – 6pm on Zoom: Better Together: Caring for Someone that Harms What is self-harm? What should you do and say? Why don't they just stop? Every Wednesday 4.30 – 6pm on Zoom: Self-Harm Chat & Support Supportive, open and frank conversation around self-harm and anything else. Ages 16+ Continued/...



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
MHM Wales – Mental Health Matters Wales Continued/...			Continued/... 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. 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.
Milford Haven Support Group		Tel: 01646 699257	Support for carers of elderly people with mental health problems.
Milford House Centre	Dartmouth Street Milford Haven SA73 2AH	Tel: 01646 698197 Website: www.carehome.co.uk	Staffed Monday to Friday 9am to 5pm. Supported accommodation for adults. Referral only through assessment with Community Mental Health Service.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
MIND Pembrokeshire	2 Perrots Road Haverfordwest SA61 2HD	Office: Tel: 01437 769982 Email: hello@mindpembroekshire.org.uk Website: www.pembrokeshiremind.org.uk	Monday 10am to 1pm Tuesday 10am to 1pm Wednesday 10am to 5pm Thursday 10am to 4pm Friday 10am to 1pm Saturday 10am to 1pm Sunday 10am to 1pm Drop-in centre for people with mental health problems. Befriending, carers support, food in mind, information, music in mind, resource centre, specialist library and supported housing.
Mindful Future		Email: Jo.swift@mindfulfuture.wales	Free 8-week course funded by Wales National Lottery Awards for All. Accredited by Breathworks. Learn how to deal with stressful situations by coming back to what is happening right now. Change your relationships towards stress and problems in your life. We will come to a venue of your choice to run an introductory taster session where participants can sign up for the free 8-week course.
Mindshift APP		Website: https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/	MindShift is an app designed to help teens and young adults cope with anxiety. MindShift is the work of a joint collaboration between AnxietyBC (http://www.anxietybc.com) and BC Mental Health & Addiction Services (http://www.bcmhas.ca). to help teens and young adults cope with anxiety – teaches relaxation skills, develops new thinking.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Mood Tools APP		Website: https://www.moodtools.org/	MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery. The app contains several different research-supported tools.
National Debtline		Tel: 0808 8084000 Website: www.nationaldebtline.co.uk	Free confidential money advice and debt advice via self-referral via telephone line. Monday to Friday 9am to 9pm and Saturday 9.30am to 1pm.
Mums in Mind FB Groups		Llanelli Mind: https://www.facebook.com/groups/520857628583591/?ref=share Mind Aberystwyth: https://m.facebook.com/profile.php?id=3754004937974581&ref=content_filter Mind Carmarthen: https://www.facebook.com/groups/1283431871989623 Mind Pembrokeshire: https://www.facebook.com/groups/207860100665942/?ref=share	These are Facebook social groups, hosted by an experienced Mind worker, who are mums themselves and who understand the challenges that can be faced. 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.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
NHS Apps			<p>NHS endorsed apps from NHS App Library. https://www.nhs.uk/apps-library/category/mental-health/ https://www.nhs.uk/apps-library/be-mindful/ https://www.nhs.uk/apps-library/beat-panic/ https://www.nhs.uk/apps-library/big-white-wall/ https://www.nhs.uk/apps-library/blueice/ https://www.nhs.uk/apps-library/calm-harm/ https://www.nhs.uk/apps-library/distract/ https://www.nhs.uk/apps-library/equoo-emotional-fitness-game/ https://www.nhs.uk/apps-library/feeling-good-positive-mindset/ https://www.nhs.uk/apps-library/meetwo/ https://www.nhs.uk/apps-library/ieso/ https://www.nhs.uk/apps-library/my-possible-self/ https://www.nhs.uk/apps-library/silvercloud/ https://www.nhs.uk/apps-library/sleepio/ https://www.nhs.uk/apps-library/student-health-app/ https://www.nhs.uk/apps-library/thrive/</p>
NHS Direct Wales		<p>0845 46 47</p> <p>Website: www.nhsdirect.wales.nhs.uk</p> <p>You can look for your nearest doctor or dentist, or look up things like cancer, asthma or pregnancy.</p>	<p>NHS Direct Wales is part of the National Health Service. We are a telephone helpline. You can ring us for advice if you are not feeling well, or for information on any health problem you have.</p> <p>You might ring NHS Direct if:</p> <p>When you are not sure if you need to see your doctor or if you just need advice to look after yourself at home.</p> <p>When you want to know more about an illness that you have.</p> <p>When you have a question about your health or about a member of your family's health.</p>



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
NHS Weight Loss Plan APP		Website: https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/	NHS App with easy to follow NHS choices for a 12-week diet and exercise plan.
Papyrus		Telephone Helpline: 080 068 4141 Website: www.papyrus.org/ Email: pat@papyrus-uk.org	If you are having thoughts of suicide or are concerned for a young person who might be you can contact Papyrus for confidential support and practical advice. Online, helpline, email, text. Helpline: 080 068 4141 - 9am – 10pm weekdays, 2pm – 10pm weekends. Text: 07860039967. Link to leaflet for Parents and Carers – supporting your their child - Suicide and self-harm. https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf
Parkinson's Carers Support		Tel: 0844 2253716 Website: www.parkinsons.org.uk	Support for carers and people who have Parkinson's disease.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Patch	Support	Tel: 01646 699275 / 07415160319 Email: contact@patchcharity.org.uk Website: http://patchcharity.org.uk/	<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.</p> <p>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>

Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<p>Patch Continued/...</p>			<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>
<p>Pembrokeshire Care Society</p>	<p>19 Market Street Haverfordwest Pembrokeshire SA61 1NF</p>	<p>Tel: 01437 765335</p> <p>Email: pcs@pembrokeshirecaresociety.org .uk</p> <p>Website: www.pembrokeshirecaresociety.co.uk</p>	<p>Staffed Monday - Thursday 9am to 5pm and Friday 9am to 4.30pm.</p> <p>Pembrokeshire Care Society provides people who are at risk of homelessness with advice, assistance and advocacy to enable them to secure safe and affordable accommodation. They offer a range of services that can help people secure and/or maintain a tenancy, including resettlement packages, debt information, crisis intervention, starter packs for rough sleepers or new tenants, band schemes, travel warrant schemes and more.</p> <p>Referral drop in or ring for an appointment.</p>
<p>Paul Sartori</p>		<p>Website: https://paulsartori.org/counselling-2/</p>	<p>Paul Sartori offers a Counselling and Bereavement Service. Further information on the service can be accessed via their website.</p>



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Pembrokeshire College	Haverfordwest Pembrokeshire SA61 1SZ	Tel: 01437 753000 Email: admissions@pembrokeshire.ac.uk Application form on line: www.pembroekshire.ac.uk/onlineform/enrolform/formb.php	The county's largest provider of a wide range of post-16 education and training. Courses for young people and adults – A levels, apprenticeships, degrees, part time and evening classes. College open term times.
Pembrokeshire Association of Community Transport Organisations		Tel: 0800 7831584 Email: debbie@pacto.org.uk Website: www.pacto.org.uk	Pembrokeshire's Community Transport services help people and groups who don't have access to their own transport and who don't have or can't use conventional public transport services. A combination of vehicles is available. Opening hours: 9am to 5pm Monday to Friday (not bank holidays or weekends).
Pembrokeshire Association of Voluntary Services (PAVS)	36-38 High Street Haverfordwest SA61 2DA	Tel: 01437 769422 Email: enquiries@pavs.org.uk Website: www.pavs.org.uk	Monday to Thursday 9am to 4.30pm and Friday 9am to 4pm. Voluntary services providing support, information and advice, volunteering opportunities, personal development, careers and education.
Pembrokeshire Carers Support		Tel: 01834 844177 Mob: 07966 876108	Support worker for carers.



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Pembrokeshire Counselling Service		Tel: 01437 768708 Email: contact@pembrokeshirecounsellingsevice.org Website: www.pembroekshirecounsellingsevice.org	<p>It is a confidential counselling service available to anyone over the age of 16 years throughout Pembrokeshire.</p> <p>Our counsellors all have appropriate training and receive regular supervision. No fees are charged but donations are valued and necessary to support our charitable organisation.</p> <p>Suitable venues are located across Pembrokeshire and you can be seen by counsellors for up to 6 sessions.</p> <p>To discuss whether we are the right service to help you leave your details on our answer phone or send us your information via our web site or by email and an experienced counsellor will contact you within a few working days</p>
Pembrokeshire Country Cars		Tel: 01646 699108 Website: www.pacto.org.uk	<p>Royal Voluntary Service Country Cars provides transport for journeys for people who cannot get there any other way. The scheme uses volunteer drivers who use their own cars. Please give as much notice as possible before the day when transport is required. Opening hours: 9am to 5pm Monday to Friday (not bank holidays or weekends).</p>



Pembrokeshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Pembrokeshire County Council – Homelessness prevention and advice team	County Hall Haverfordwest SA61 1TP	Tel: 01437 764551 Out of hours emergencies: Tel: 0845 6015522 Email: Hp&ateam@pembrokeshire.gov.uk Website: www.pembrokeshire.gov.uk	Monday to Friday 10am to 4pm. Phone, call in, make an appointment or write. Assessment of entitlement to housing for people who are threatened with homelessness. Housing provided for people considered in priority need of housing. Temporary accommodation may be available, while enquiries are made about eligibility. Housing advice and information for private and council tenants and homeless people.
Pembrokeshire Frame		Telephone: 07395 937069 Bags of Care Telephone: 01437 779442 Website: www.pembrokeshire-frame.org.uk	Pembrokeshire FRAME's Bags of Care Plus project (funded by The Voluntary Services Recovery Fund) telephone line opens on TUESDAY 5th JANUARY 2021. This project will see vulnerable individuals living between Haverfordwest and Milford Haven receiving free hot meals which will be prepared and delivered by The Green Shed Cafe team and or free Haverfordwest Community Fridge bags of surplus food. To refer yourself or a vulnerable individual who you know is struggling during these difficult covid times, please call the Bags of Care Plus phone line: The telephone number is 07395 937069 The telephone line will be open from 10am on Tuesday 5th January 2021 and will be open at the following times. Mon - Friday 10am - 12pm and 2pm - 4pm Thank you



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Organisation	Address	Telephone/Email/Website	Service Provided
Pembrokeshire Money in Mind	Citizens Advice Pembrokeshire County Office 43 Cartlett Haverfordwest SA61 2LH	Adviceline 0344 477 2020 Email: outreach@pembscab.org	Caseworker service to clients with mental health issues or learning disabilities particularly relating to the areas of debt and welfare benefits.
Pembrokeshire People First (PPF)	Portcullis House Old Hakin Road Haverfordwest SA61 1XE	Tel: 01437 769135 Email: Karen@pembrokeshirepeople1st.org.uk Website: www.pembrokeshirepeople1st.org.uk	<p>Monday to Friday 9am to 4pm.</p> <p>Phone Line: Monday – Thursday 10am – 4pm It is possible to leave an answerphone message on the line also.</p> <p>Please note that although the PPF Office is beginning to open, no one will be allowed into the building without an appointment. On entering the building, we need to check your temperature and take your information for the purposes of the track and trace system. Without these conditions being met, we will not be able to allow you to enter the building due to our need to keep our most vulnerable members, staff and volunteers safe. Thank you for your co-operation.</p> <p>Non-profit organisation. Independent charity run by and for adults with learning disabilities and/or autism. Member led projects – PPF runs training, consultations and audits for organisations, businesses and the statutory sector. Training is delivered by our members who are experts by experience. They are fully trained and what they deliver is impacting eg Learning Disability awareness, Advocacy in Your Work, Equality and Diversity, Values and Attitudes, Autism awareness and What good support looks like. PPF can also develop bespoke training needs that are fun, interactive and get results. Continued/...</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
<p>Pembrokeshire People First (PPF) / Continued/...</p>			<p>Continued/...</p> <p>We work across Wales and our fees are very reasonable.</p> <p>Experienced in consulting with people with different needs and communication styles and use a mix of games, drama and other tools to find out what you need to know.</p> <p>We can train your members, staff and volunteers.</p> <p>There is also Easy Read where we can turn your leaflets, booklets and documents into an accessible format. We do this together with a group of members, who understand how different things can be to understand and how to make it easier.</p> <p>Support, advice and training for adults for adults with learning difficulties.</p> <p>Arts Club, Gaming Club Advocacy, Living Skills, Reading sessions, Tips for Relaxing, Exercise sessions, Keeping Safe sessions.</p> <p>Anyone can make a referral for any of the projects or drop in and chat to one of the members.</p> <p>The new LD Charter video is great! Find it here! https://www.youtube.com/watch?v=C4Sh2Zcb_kU&feature=youtu.be</p> <p>Continued/...</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
Pembrokeshire People First (PPF) Continued/...			<p>Continued/...</p> <p>If you would like to find out more about PPF please take a look at our Film Club's YouTube video; https://www.youtube.com/watch?v=dPrZNElt2k&feature=youtu.be</p> <p>Facebook support group for people with Learning Disabilities. Daily Zoom activities. Check out their Facebook Group for the activity timetable https://www.facebook.com/groups/155197120931/. Their Facebook group is a closed group, so you will have to request to join. Facebook group is available 24/7 to look at.</p> <p>We have some exciting news about advocacy in Pembrokeshire:</p> <p>From 1st January, independent 1:1 advocacy for people with learning disabilities and/or autistic people is moving to Advocacy West Wales. This means 2 PPF staff members – Shelly and Kate – will be working for Advocacy West Wales. They will be able to support advocacy partners just like before – but everyone will benefit from advocates being in a bigger organisation, with a lot of experience with advocacy. And PPF isn't going away! We will be focusing on self-advocacy and living skills, like members asked us to in our Manifesto. Maya and Ashley are joining the self-advocacy team and have lots of exciting plans. If you are already working with an advocate in PPF, this will carry on – don't worry, we won't stop working!</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
			We will let you know how to contact AWW nearer the time.
Pembrokeshire Social Services	County Hall Haverfordwest SA61 1TP	Tel: 01437 764551 Hospital based services : Tel: 01437 773259 Out of hours emergencies: Tel: 087708 509508 Website: www.pembrokeshire.gov.uk	Monday to Friday 9am to 5pm. Range of social services for children and families, older people, people with disabilities, learning difficulties and mental health problems through specialist teams.
Pembrokeshire Women's Aid (Refuge)	PO Box 201 Haverfordwest SA61 1BF	Tel: 01437 769564 24 hour telephone service. Website: www.welshwomensaid.org.uk	Non-profit organisation. Open 24 hours, 7 days a week. Safe accommodation, information and support for women and children suffering with domestic abuse. Provides counselling and advice.
R.A.B.I. (Royal Agricultural Benevolent Institution)	Shaw House 27 West Way Oxford OX2 0QH	Confidential helpline: 0808 2819490 Email: info@rabi.org.uk Email: grants@rabi.org.uk Website: www.rabi.org.uk	We provide financial help and advice about benefits for farmers, farm workers and their dependents (working or retired). Royal Agricultural Benevolent Institution (RABI) R.A.B.I. can give charitable grants to people of all ages who currently work or have worked in agriculture in England or Wales as a farmer, farm manager or farm worker and their dependants.



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Organisation	Address	Telephone/Email/Website	Service Provided
Reconnect in Nature	The Haven Llandysillio Clunderwen SA66 7UR	Email: reconnectcymru@gmail.com Website: Reconnectinnature.org.uk	Reconnect in Nature is a community interest company that helps people reconnect with their natural environment, reconnect with themselves and create a community that supports each other. Facebook: https://www.facebook.com/reconnectcic/ Twitter: @reconnectcic
Rise Up and Recover APP		Website: https://www.recoverywarriors.com/app/	Rise Up & Recover is an app for people struggling with food, dieting, exercise and body image. The app is based upon self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT).
SAM APP (Self-help for Anxiety Management)		Website: https://sam-app.org.uk/	SAM is an app to help you understand and manage anxiety. The app has been developed in collaboration with a research team from UWE, Bristol. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.



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Organisation	Address	Telephone/Email/Website	Service Provided
SAMARITANS	1 Albert Street Haverfordwest SA61 1BG	Tel: 116 123 - free to call Tel: 0808 164 0123 – free to call (Welsh language line) Email: jo@samaritans.org Website: www.samaritans.org	Talk to us any time you like, in your own way – about whatever is getting to you. Telephone helpline operating emotional support for anyone in crisis. Offers a listening and befriending service to people who are isolated, feel in despair or who are suicidal. Open for drop in visits. National local rate number can also put callers through without a delay to their nearest unengaged branch.
Shelter Cymru	43 Cartlett Haverfordwest SA61 2LH	Telephone advice: 034507555005 Monday to Friday 9.30am to 4.30pm. Tel: 01437 763242 Website: www.sheltercymru.org.uk	Provides general housing advice. Non-profit organisation. People and homes charity in Wales – to ensure everyone in Wales has a decent home. Offers free and confidential and independent advice. Provides information, advice and support to help people identify their best options.



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Organisation	Address	Telephone/Email/Website	Service Provided
Shelter Cymru Cyngor 50+ Advice Project		Tel: 01554 899371 Email: fiftyplus@sheltercymru.org.uk	<p>Networking event at Queens Hall in Narbeth every Wednesday morning.</p> <p>Advice for 50+ project funded by The Big Lottery Fund.</p> <p>The project can assist anyone over 50 in Pembs and Carms with a housing or housing related issues by helping people address issues before they reach crisis point. Help with issues eg rent arrears, mortgage arrears, debt management and the effect of the welfare reform with the change from DLA to PIP payments and assisting in appeal decisions.</p> <p>Can provide financial health checks with SU's and see if savings can be made and ensure they receive all other benefits and support they are entitled to with specialist advisors from the project.</p>
Side by Side App		Website: https://sidebyside.mind.org.uk/	<p>Side by Side is a FREE supportive online community from the mental health charity Mind, for over 17's only. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.</p>
MIND Aberystwyth – Side by Side Cymru		Tel: 01970 626225 Mob: 07958788172 Email: rob@mindaberystwyth.org Website: http://mindaberystwyth.org/side-by-side-cymru/	<p>Peer Support in the Community (Ceredigion, Pembrokeshire and Carmarthenshire).</p> <p>One to one peer support advice and guidance including how to video conference, how to support individuals during coronavirus and practical tips on how to run a virtual group. Available until the end of March 2021.</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
Silvercloud APP		Website: https://www.nhs.uk/apps-library/silvercloud/	Silvercloud is a FREE app which provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, support for anxiety, depression, anger management, stress management, relaxation and sleep management, among many others.
SilverCloud Wales		Website: https://nhs.wales.silvercloudhealth.com	<p>12 Week online Therapy Course</p> <p>Do you need help managing your mental health and wellbeing? You're not alone.</p> <p>People aged 16+ in Wales, experiencing mild to moderate anxiety, depression or stress, can now sign-up for a free, 12-week course of online therapy without waiting to be referred by their GP.</p> <p>It's also backed and supported by a team of humans – a team of psychologists and online cognitive behavioural therapy co-ordinators. So, you're not alone in this.</p> <p>Find out more and sign up below::</p> <p>---</p> <p>A oes angen help arnoch i reoli eich iechyd meddwl a'ch lles? Nid ydych chi ar eich pen eich hun.</p> <p>Gall pobl 16+ oed yng Nghymru, sy'n profi pryder, iselder neu straen ysgafn i gymedrol, gofrestru ar gyfer cwrs 12 wythnos am ddim o therapi ar-lein heb aros iddynt gael eu cyfeirio gan eu meddyg teulu. Mae hefyd wedi'i gefnogi gan dîm o fodau dynol - tîm o seicolegwyr a chydlynwyr therapi ymddygiad gwybyddol ar-lein. Felly nid ydych chi ar eich pen eich hun.</p> <p>Darganfyddwch fwy a chofrestrwch yma: https://nhs.wales.silvercloudhealth.com/signup/</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
Smart Recipes (NHS APP)		Website: https://www.nhs.uk/change4life/recipes	NHS App. The easy way of helping you and your family eat tasty, healthy meals.
Stay Alive APP		Website: https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/	The Stay Alive app is a FREE suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.
Stop Smoking Service	Mind Pembrokeshire The Old Wool Market Quay Street Haverfordwest SA61 1BG	Tel: 01437 769982 Email: stopsmokingpembsmind@hotmail.com	If you are serious about giving up smoking Mind in Pembrokeshire is offering a free Stop Smoking Service to people who face mental health problems. Join the service and give up smoking in a safe and friendly environment with one to one sessions. Please contact a Staff Member for a Referral Form if you are interested or contact the email address or phone number.
Stress Control Courses		Tel: 01437 834429 Email: Stresscontrol.pembs.hdd@wales.nhs.uk	Stress control is a four-session course. It is for people who want to learn better ways to get on top of their problems such as depression, anxiety, panic, poor sleep and low self-confidence. Stress control is a class and not a group therapy so you don't have to talk about your problems. You can just turn up, sit back and learn some great ways to control stress. Stress is common, therefore there may be lots of people in the group.



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Organisation	Address	Telephone/Email/Website	Service Provided
Student Health (NHS APP)		Website: https://www.nhs.uk/apps-library/student-health-app/	NHS App for students to access pages packed with reliable health information on first aid, mental health, love and sex, alcohol and drugs and more.
Supporting People and Pets through Opportunity and Training (SPPOT)	36-38 High Street Haverfordwest SA61 2DA	Tel: 01437 767648 Mob: 07962 220625 Email: sppotdog@gmail.com	<p>Social enterprise based in Haverfordwest which aims to bring the needs of people together with the needs of dogs, through the provision of quality driven training, volunteering opportunities, services and events.</p> <p>Looking to expand the work they do, to Pembroke, Pembroke Dock, Tenby, Saundersfoot and so forth.</p> <p>They are planning to start a new volunteer training course by the end of October (pandemic permitting) and others usually follow at 4-6 month intervals.</p> <p>For all referrals and applications, contact them directly, or via a professional such a social worker, CPN, or support worker</p>
The Biscuit Fund		Email: info@biscuitfund.org Website www.biscuitfund.org	<p>Referrals only from anyone working in a social, advisory or healthcare organisation. No direct applications from individuals</p> <p>Run by volunteers, The Biscuit Fund gives small one-off financial gifts to people who find themselves in dire financial need. Focus on food and fuel poverty as a priority.</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
The DPJ Foundation	Ground Floor Rear Office 5 Dark Street Haverfordwest SA61 2DS	Confidential helpline: 0800 587 4262 Text: 07860 048799 Email: contact@thedpjfoundation.com Website: www.thedpjfoundation.com	We support people in rural communities with poor mental health, especially men in the agricultural sector.
The Family Foundation - #Family Connectors Project		Mobile: 07761 958219 Website: www.thefamilyfoundation.co.uk Email: Donna@TheFamilyFoundation.co.uk	The Family Foundation is a charity based in Wales that supports individuals and families to thrive and get the support they need. The #Family Connectors project and 'Removing Barriers to Family Life' project is aimed at providing support to veterans and their partners, carer's and family members. This new team is funded by the Armed Forces Covenant. Areas of support include: Identifying Training Gaps & Needs, Helping create an individual Training Plan, Getting them onto suitable courses to match identified needs - Short courses from half day to 1 - 3 Days, Updating CV's or helping to create a new one, Providing clients with information on Jobs in their area or in other locations, Referring to other organisations for additional help & support, Being a good listener to help individuals and families. . The project covers Swansea, Carmarthenshire, Ceredigion and Pembrokeshire. Referral Forms available.
The Expert Patient Programme (EPP) and Looking After Me Programme (LAM)		Tel: 01554 744492 Website: www.eppwales.org	Courses run by the Expert Patient Programme Wales led by trained tutors who themselves have past experience of long-term health conditions or being in a caring role. The courses look at relaxation techniques, exercise, healthy eating, communicating and planning for the future.

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Organisation	Address	Telephone/Email/Website	Service Provided
<p>The National Exercise Referral Scheme (NERS)</p>		<p>Tel: 029 20468600</p> <p>Email: enquiry@wlga.gov.uk</p> <p>Website: www.wlga.wales/ners-mental-health</p>	<p>The NERS is a Public Health Wales (PHW) funded scheme targeted at clients at risk of developing a chronic disease. The scheme is centrally co-ordinated by Welsh Local Government Association (WLGA). NERS is an evidence-based high intervention incorporating physical and behavioural change techniques to support referred clients to make lifestyle changes to improve their health and wellbeing.</p> <p>The aims are to:</p> <ul style="list-style-type: none"> • Offer high quality NERS across Wales • To increase the long-term adherence of clients to physical activity. • To improve the physical and mental health of clients. • To determine the effectiveness of the intervention in increasing clients' activity levels and improving their health. • The guidance supports a partnership approach between the CMHT and NERS. • Safe community-based exercise opportunities suitable to meet the needs of clients with enduring mental health problems.
<p>Time Banking Pembrokeshire / Carmarthenshire / Ceredigion</p>		<p>Website: www.connect2pembrokeshire.org.uk</p>	<p>Time Banking makes use of assets and resources within a community that may be overlooked in conventional economic transactions. Equality is enshrined in every time banking exchange through the principle of 'an hour for an hour'. It brings people together, from different backgrounds to build meaningful connections and friendships.</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
Tir Dewi		Confidential helpline: 0800 121 4722 Tel: 01348 837600 / 07970 180408 Email: gareth@tirdewi.co.uk Website: www.tirdewi.co.uk	A freephone helpline and on-farm support service for farmers.
Traveline Cymru		Tel: 0800 4640000 Email: feedback@traveline.cymru Website: www.traveline.cymru	Funded by the Welsh Government, we work in partnership with operators and local authorities to provide public transport information across Wales for bus, coach and train, as well as walking and cycling routes. We offer a one-stop-shop for travel information, where you can find all the journey information you'll need in one place, in a few simple steps. Opening hours: 7am to 8pm daily (limited service on Christmas Eve, Christmas Day, Boxing Day, New Year's Eve and New Year's Day).
Ubiquitous Pembrokeshire Carers		Tel: 01348 874815	Support for all carers in Pembrokeshire.



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Organisation	Address	Telephone/Email/Website	Service Provided
VC Gallery	30 High Street Haverfordwest SA61 2DA 26 Bridge Street Haverfordwest SA61 2AD 20 Dimond Street Pembroke Dock SA72 6AH	Tel: H/W 01437 765873 Email: admin@thevcgallery.com Website: www.thevcgallery.com Tel: P/D 01646 685688	<p>Aiming to increase community cohesion and tackle social isolation by connecting people. Through the VC Gallery, we work to create meaningful engagement, combat and support poor mental health and social care amongst the Veteran and local communities. We offer a positive support network, a creative space to help people re-connect through art, workshops, local events and opportunities within the area. We provide a diverse support network to empower and help develop a united, positive and safe environment. We provide weekly art sessions, outreach workshops within schools, memory cafes, retirement homes and for third sector organisations.</p> <p>Offering opportunities for ex forces support through befriending and meetings. Talk to a military peer mentor for more information. Poetry competitions. NAAFI Break Zoom chat for veterans. Organised walks.</p> <p>Art of Memories – 2-year project sponsored by the AFCT to collect military stories from those who have served, are serving, and their families.</p> <p>We offer a breakfast club once a week and help with housing issues, benefit problems and employment support We have excellent referral pathways with national organisations and our Local Authority, keeping a close connection with the individual we work with a holistic approach to achieve the best outcome at all times.</p> <p>Our expertise is offering a vibrant, creative space where people can socialise and express themselves.</p>



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



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Organisation	Address	Telephone/Email/Website	Service Provided
Veterans NHS Wales		Tel: 01570 422577 Website: www.veteranswales.co.uk	<p>Veterans' NHS Wales is a specialised, priority service for individuals who have served in the Armed Forces, at any time in their lives and who are experiencing mental health difficulties related specifically to their military service. This also includes merchant navy personnel involved in military operations. 'Military related' does not just include the effects of combat; it may also include incidents on exercise, peace keeping or training. It can also be issues related to mistreatment such as bullying or arising from leaving the forces and adjusting to 'civvy street'.</p> <p>Each Local Health Board (LHB) has appointed an experienced clinician as a Veteran Therapist (VT) with an interest or experience of military (mental) health problems. The VT will accept referrals from health care staff, GPs, veteran charities and self-referrals from ex-service personnel.</p> <p>Appointments will be arranged as close to the veteran's home as possible in a suitable venue. The service is not able to respond to emergency referrals. Veterans in crisis should contact their GP or the Out of Hours Service. There is a Psychiatrist on-call at all Accident and Emergency Units in District General Hospitals.</p> <p>Continued/...</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
Veterans NHS Wales / Continued/...			<p>Continued/...</p> <p>Following the assessment, the veteran may be offered treatment by the VT or referred on to other NHS teams or departments for further treatment. The VT will also refer to veteran charities for help with debt management, housing and employment problems, physical illness and/or injuries, benefits and war pension/armed forces compensation claims as indicated.</p> <p>Please refer to website for useful information on Veterans NHS Wales and links to other helpful websites. Referrals can also be made via this route</p> <p>https://www.veteranswales.co.uk/how-to-self-refer.html</p>
Wales Perinatal Mental Health Network Digital Resource		Website: www.rcpsych.ac.uk	<p>Instead of our annual conference this year, we are excited to announce the launch of our very first digital resource for perinatal mental health in Wales.</p> <p>The link below will take you to our digital resource in English or Welsh. You will need no more than 2 hours to watch all our videos.</p> <p>Perinatal Network (rcpsych.ac.uk)</p> <p>Rhwydwaith Amenedigol (rcpsych.ac.uk)</p>



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Organisation	Address	Telephone/Email/Website	Service Provided
Welsh Ambulance Service Trust Non-emergency Patient Contact Centre		Tel: 0300 123 2303	<p>Patients registered with a Pembrokeshire GP practice can contact this number for booking hospital transport. Please note you must give 48 hours' notice for booking in advance of the day of travel.</p> <p>Opening hours: 8.30am to 5pm Monday to Friday (not bank holidays or weekends).</p>
Welsh Ambulance Service Trust Non-emergency Patient Transport Contact Centre (Hospital booking line only)		Tel: 01267 225789	<p>Hospital wards and clinicians can contact this number for booking hospital transport.</p> <p>Please note you must give 48 hours' notice for booking in advance of the day of travel.</p> <p>Opening hours: 8.30am to 5pm Monday to Friday (not bank holidays or weekends).</p>



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