ACCOMODATION

Hafal
Provides supported housing.
Telephone: 01437-763346
www.hafal.co.uk

Havenhurst Unit
Residential, respite, and day care for older service users.
Telephone: 01646-692118

Hafan Cymru
Housing and support for women/children
Telephone: 01437-768671
www.hafancymru.co.uk

Milford House Centre
Supported accommodation for adults, only through assessment with
Community mental health team.
Telephone: 01646-698197

Pembrokeshire Care Society (PATH)
Assists homeless people to secure accommodation.
Telephone: 0800 7835001 or 01437-765335
www.pembrokeshirecaresociety.co.uk

Shelter Cymru
Provides general housing advice.
Telephone: 01437-763242
www.sheltercymru.org.uk

Pembrokeshire Women’s Refuge
Safe accommodation, information and support for women and children
suffering with domestic abuse.
Telephone: 01437-769564
www.welshwomensaid.org.uk
ADVOCACY

Advocacy West Wales
Mental Health Advocacy providers
Independent advocacy for people with serious mental health problems.

01437 762935 for referrals to the community adult mental health service in Pembrokeshire.
For referrals to the IMHA Service please fax to 01437 839174, email imha@advocacywestwales.org.uk or call one of the IMHAs: 01267 223197 for patients in Carmarthenshire and 01437 762935 for those in Pembrokeshire and Ceredigion.

Pembrokeshire People First
Support, advice and training for adults with learning difficulties.
Telephone: 01437-769135
www.pembrokeshirepeople1st.org.uk

BEREAVEMENT

Pembrokeshire Cruse
Support for those suffering with grief.
Telephone: 01437-891006
www.crusebereavementcare.org.uk

CARERS

Age Concern Pembrokeshire
Support and befriending for older people.
Telephone: 01437-769207 or 01437-769972
www.acpembs.org.uk

Alzheimer’s Society Pembrokeshire
Support and befriending for people with dementia, and their carers.
Telephone: 01646-692329
www.alzheimers.org.uk

Carers Support
Heather Flowers
Telephone: 07966-876108 or 01834-844177

Carers Emergency Card Service
Emergency card service for carers.
Telephone: 01554-745480 or 01792-772146

Carers Development Worker
Developing services for carers.
Telephone: 01437-771196

Crossroads
Updated June 2014
Review Date June 2015
Provides respite care for carers.
Telephone: 01437-764639

Dementia Support Groups
Support for carers.
Telephone: 01646-692329
www.dementiauk.org

Haverfordwest Carers Support Group
Carers support.
Telephone: 01437-773219

Headway
Support group for people with head injuries and their carers.
Telephone: 01646-622977 or 02921-921813
www.headway.org.uk

Mental Health Carers Support Group
Support for carers of people with mental health issues.
Telephone: 01348-881320 or 01646-687113 or 01646-697268

Milford Haven support group
Support for carers of elderly people with mental health problems.
Telephone: 01646-699257

Parkinson’s disease Society
Support for carers and people who have Parkinson’s disease.
Telephone: 0844-2253716
www.parkinsons.org.uk

Pembrokeshire Carers Support
Support worker for carers.
Telephone: 01834-844177 or 07966-876108

Ubiquitous Pembrokeshire Carers
Support for all carers in Pembrokeshire.
Telephone: 01348-874815

Counselling

Pembrokeshire Counselling Service
Voluntary, confidential counselling service.
Telephone: 01437-768708
www.pembrokeshirecounsellingservice.org

Relate
National confidential counselling service.
Telephone: 0300-1001234
www.relate.org.uk

Samaritans
Listening service for anyone in distress.
Telephone: 01437-766699
www.samaritans.org

**Domestic Violence**

Hafan Cymru
Support for women/children suffering with the domestic violence.
Telephone: 01437-768671
www.hafancymru.co.uk

Pembrokeshire Women’s Refuge
Safe accommodation and support for women suffering with domestic violence.
Telephone: 01437-769564
www.welshwomensaid.org.uk

Refuge
National domestic violence support line. Available 24hrs
Telephone: 0808-2000247
www.refuge.org.uk

Mankind
Support for male sufferers of domestic violence.
Telephone: 01823 334244
www.mankind.org.uk

**Eating Disorders**

B-eat
National organisation offering support and advice.
Telephone: Adults 0845-6341414  Youthline 0845-6347650
www.b-eat.co.uk

**Employment / Training**

Blue Skys
Provides therapeutic training within all aspects of horticulture.
Telephone: 01437-891221

Frame
Work and training opportunities for people with disabilities.
Telephone: 01437 891221
www.pembrokeshire-frame.org.uk

Key Steps
Updated June 2014
Review Date June 2015
Supporting people in training, voluntary work and paid employment
Telephone: 01437-891816

PAVS
Pembrokeshire voluntary services providing support, information and advice.
Telephone: 01437-769422
www.pavs.org.uk

**Information and Advice**

Citizen Advice Bureau
Free and confidential advice on a variety of issues.
Telephone: 08444-772020
www.citizensadvice.org.uk

Pembrokeshire Care and Repair
Help for elderly people for home repairs, improvements, and adaptations.
Telephone: 01437-766717
www.pembs-cr.co.uk

Pembrokeshire Community Health Council
Independent body that represents the public within the NHS.
Telephone: 01646-697610
www.wales.nhs.uk

West Wales Action for Mental Health
Development and information service to the mental health sector.
Telephone: 01437-769422
www.wwamh.org.uk

**Mental Health National Organisations**

Mind
National mental health charity.
Telephone: 0300-1233393
www.mind.org.uk

Hafal
Welsh mental health organisation.
Telephone: 01792-816600
www.hafal.org.uk

Sane
National mental health organisation.
Telephone: 0845-7678000
www.sane.org.uk

Bipolar UK
National organisation.
Telephone: 01633-244244

Updated June 2014
Review Date June 2015
Money Issues
National Debitline
Free confidential money and debt advice.
Telephone: 0808-8084000
www.nationaldebtline.co.uk

Resource centres

Hafal
Community support/ befriending for people with mental health problems.
Telephone: 01834-844177
www.hafal.org.uk

Pembrokeshire Mind
Drop-in centre for people with mental health problems.
Telephone: 01437-769982
www.pembrokeshiremind.org.uk

Statutory Agencies

Referrals via GP or CMHT

Bro-Cerwyn Day Hospital
Provides assessment and care.
Telephone: 01437-773157

Child and Adolescent Mental Health Team
Supporting families with children experiencing mental health issues.
Telephone: 01437-773774

Community Mental Health Teams
Mental health adult services available throughout Pembrokeshire.
Telephone:  North  01437-773157
              South  01437-774042

Emergency Duty Team
Mental Health professionals who will carry out assessments under the Mental Health Act.
Telephone: 0870-8509508 or 01437-774042

Haven Way Day Hospital
Provides assessment and care for adults with mental health problems.
Telephone: 01437-774042

St Caradog’s Unit
Provides assessment, care, and support for adults with mental health issues.
Telephone: 01437-772854

www.bipolaruk.org.uk
Substance Misuse Services

PRISM
Confidential service providing a drug and alcohol advisory service across mid and west Wales.
Telephone: 01437-769484
www.prism-online.org.uk

SUDDS
Specialist Under-18s Drink & Drug Service.
Telephone: 01437-779122

Transport

Cars for Carers / RSVP Cars
Community transport for carers.
Telephone: 01646-685952
www.pembrokeshiretransport.co.uk

British Red Cross Pembrokeshire
Transport, loans of wheelchairs, and medical aids.
Telephone: 0844-4122804
www.redcross.org.uk

Victims of Crime

Victim Support
A national organisation offering support and advice.
Telephone: 0845-3030900
www.victimsupport.org.uk

Young People

Young Carers in Mind
Support for young carers whose parents have mental health problems.
Telephone: 01437-769982 or 07966-736390
www.pembrokeshiremind.org.uk

Young Minds
Support for parents concerned about the mental health of a child.
Telephone: 0808-8025544
www.youngminds.org.uk