



WWAMH PEMBROKESHIRE MENTAL HEALTH DIRECTORY 2016

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

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Review Date June 2017

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.pembrokeshirecounselling-service.org

Relate
National confidential counselling service.
Telephone: 0300-1001234

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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

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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: 01267 245572

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

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www.bipolaruk.org.uk

Money Issues

National Debtline

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

Mind Pembrokeshire

365 day-a-year open access drop-in providing social, emotional and crisis support. Counselling, Cognitive Behavioural Therapy, workshops, activities and additional support throughout the week.

Drop in to find out how we can help you!

Monday, Tuesday, Friday, Saturday and Sunday 10am-1pm, Wednesday 10am-5pm, Thursday 10am-4pm

Address: The Old Wool Market, Quay Street, Haverfordwest, Pembrokeshire, SA61 1BG

Office: 01437 769982

Resource Centre: 01437 763626

Email: hello@mindpembrokeshire.org.uk

Web: www.mindpembrokeshire.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.

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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

Substance Misuse Services

DRUGAID

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

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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