



Carmarthenshire Mental Health Directory 2020

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



Carmarthenshire Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
Activate Your Life Training		Tel : 01554 779351 Mob: 07816064644 Mob: 07816064643 Email: ACT.hdd@wales.nhs.uk	<p>ACTivate your Life is a psychology course that will help you to understand yourself better, and to understand your Mind. The course is based on a relatively new approach to therapy – Acceptance and Commitment (ACT).</p> <p>ACT helps people to overcome their suffering using ‘mindfulness’ and by helping you to understand how to live in accordance with your own important values. The course is all about having a better life.</p>
Adlerian Society of Wales	56, St James Street Narberth 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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Adult Mental Health Services	Bryngofal Ward Prince Phillip Hospital Caerbryn Llanelli SA14 8QF Morlais Ward Dolgwilli Road Carmarthen SA31 2AF	Tel: 01554 745752 Tel: 01267 235151	Mixed gender assessment, care and treatment ward within the hospitals.
Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC).	1 st Floor Office 59 King Street Carmarthen SA31 1BA	Tel: 01267 223197 Website: www.advocacywestwales.org.uk	Free workshops and short courses for people with mental health issues including shared reading groups, Dementia Friends Training, mood health and well-being, self advocacy and carers course.
Age Concern	Unit 5–11 100 Trostre Road Llanelli SA15 2EA	Tel: 01554 784080 Email: info@agecymrusirgar.org.uk Website: www.agecymrusirgar.co.uk	Charity providing information, advice and signposting to other services e.g. welfare benefits and appeals to Catch Up. However, no longer supply advocacy. Befriending links, garden service at home, trade man lists, handyperson – small jobs around the home, teaching computer skills at home, short term activities and luncheon groups.
Alzheimer's Society Carmarthenshire Groups	7B Hall Street Ammanford SA18 3BW	Gwen James - contact Tel: 01269 597411 Email: carmarthenshire@alzheimers.org.uk Website: www.alzheimers.org.uk	Care and research charity for people with dementia, their families and carers.



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<p>ARC Homes Accommodation Recovery Community</p>	<p>Copperworks Road Llanelli SA15 2NE</p>	<p>Tara Nankivell Manager</p> <p>Tel: 01554 771122</p> <p>Mob: 07707 225550</p> <p>Email: archomes@chooselifeuk.com</p>	<p>ARC Homes is an enterprise of Chooselife UK.</p> <p>ARC Homes accepts referrals for people who have varying needs and issues.</p> <p>We try to accommodate anyone who comes to them for support, however we sometimes hold a waiting list, preference is given to local persons who are either homeless, ex-offenders, have drug-alcohol problems, or struggle with mental health issues.</p> <p>We house a variety of people, our aim is to provide tailored support that enables residents to maintain their tenancies. People can stay with us for as long as they need to in order that they have the chance to turn their lives around.</p> <p>ARC Homes builds a support network around residents, this network includes other organisations who also support them to stay safe, reach their goals and create a better future for themselves.</p>
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<p>Area Mental Health Teams</p>	<p>Wellfield Resource Centre 22 Wellfield Road Carmarthen SA31 1DS</p> <p>Swyn y Gwynt Resource Centre 48B Tirydail Lane Ammanford SA18 3AR</p> <p>Brynmair Clinic 11 Goring Road Llanelli SA15 3HF</p> <p>Llandovery Cottage Hospital Llanfair Road Llandovery SA20 0LA</p>	<p>Emergency out of hours social services</p> <p>Tel: 01558 824283 (Careline)</p> <p>Carmarthen : 01267 236017</p> <p>Ammanford : 01269 595473</p> <p>Llanelli : 01554 772768 Llandovery : 01550 777771</p> <p>Website: www.wales.nhs.uk</p>	<p>Monday to Friday 9am to 5pm for Social Services and Community Psychiatric Nurses.</p> <p>Emergency out of hours for Social Services – Careline.</p>
<p>Arts Care Gofal Celf (ACGC)</p>	<p>Ground Floor 24 King Street Carmarthen SA31 1BS</p>	<p>Tel: 01267 243815</p> <p>Email: info@acgc.co.uk</p> <p>Website: www.acgc.co.uk</p>	<p>Arts Care Gofal Celf (ACGC) is a professional arts organisation based in West Wales with experience of delivering high quality projects of arts and creative programs.</p>



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Awaydays		Contact: Alan Mob: 07507257692 Email: awaydays@mail.com	Awaydays is a social befriending group run by and for people with experience of mental health problems.
Awaydays Coastcare	Cellar Cafe English Baptist Church Lammas Street Carmarthen SA31 3AD	Contact: Alan Mob: 07507257692 Email: awaydayscoastcare@mail.com	A peer support group for people who have experienced emotional support needs. We arrange events to encompass the natural environment and experience it while also giving something back to the environment. Beach cleans, coastal walks, riverside and lakeside litter picks and area management.
Bi Polar 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.



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<p>British Red Cross</p>	<p>Dafen Industrial Estate 2nd Floor Scarlet Court Heol Aur Dafen Llanelli SA14 8QN</p>	<p>Tel: 01554 745480</p> <p>Email: BRCSSP-lanelli@redcross.org.uk</p> <p>Website: www.redcross.org.uk</p>	<p>Non Profit organisation Providing first aid courses. Preparing families for disaster. Emergency response to disasters in UK and overseas. Short term loans of wheel chairs and toilet aids.</p> <p>Help refugees and asylum seekers access essential services in a new country. Free teaching resources to inspire young people. Protecting people in armed conflict.</p>
<p>Bwcabus</p>		<p>Tel: 01239 801601</p> <p>Email: feedback@bwcabus.info</p> <p>Website: www.bwcabus.info</p>	<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 within the Bwcabus zone 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.</p> <p>Office opening hours: 7am to 7pm, Monday to Friday; 8am to 7pm Saturday and Sunday; except bank holidays. Please ring before 7pm the night before morning travel and before 11am to travel after 2pm that day.</p>



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Cam Nesta	Building 2 St David's Park Job's Well Road Carmarthen SA31 3HB	Tel: 01267 246699 or Tel: 01267 246661 Email: camnesa@carmarthenshire.gov.uk	Cam Nesta is a European Funded project working with young people between 16-24 years old who are NEET (not in employment, education or training). The qualified staff can work on a one to one basis with you to gain confidence, offer emotional support and eventually help you progress into employment, education or training.
Care and Repair Carmarthenshire	Ty Elwyn Town Hall Square Llanelli SA15 3AP	Tel: 01554 744300 Email: careandrepair@cccpartners.org.uk Website: www.careandrepair.org.uk	Independent, not for profit home improvement agency. Our role is to assist older people over 60 and disabled adults who live in private sector housing by providing advice and practical assistance with regards to repairs, renovations, maintenance and adaptations to their homes enabling them to live in a safe, warm and secure home. The agency maintains a register of reliable contractors for ordering work and referring to clients.
CARED (Centre for Assisted Recovery with Eating Disorders)	Meet at the National Botanic Garden of Wales	Email: Donna Mason: donnamason@mhwales.org Paul Smith: paul.smith@gardenofwales.org.uk	CARED is a support group led by people with lived experience and professionals in the sector which meets at the National Botanic Garden of Wales offering advice, information and friendship to those supporting someone with an eating disorder.
Carers Mental Health Advocate (Eiriol)	1 st Floor Office 59 King Street Carmarthen SA31 1BA	Tel: 01267 235427 Email: eiriol@eiriol.org.uk Website: www.eiriol.org.uk	Assist and support the carers of people with a broad range of mental health difficulties through advocacy and support groups.



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Carers Trust (Crossroads) Sir Gar	Suite 11 2nd Floor West Ty Myrddin Old Station Road Carmarthen SA31 1LP	Tel: 01267 220046 Email: info@carmarthenshirecarers.org.uk Website: carmarthenshirecarers.org.uk	A network partner of the Carers Trust, the major national charity offering practical and emotional help to carers.
Carers Wales	Unit 5 Ynys Bridge Court Cardiff CF15 9SS	Tel: 02920811370 Carers line: 08088087777 Email: info@carerswales.org Website: www.carerswales.org	To make life better for carers and to offer expert advice, connect carers and campaign for carers across Wales.
Carmarthenshire Adult Autism Advice (CAAA)	NA	Tel: 01267 246513 Email: CAA@sirgar.gov.uk Website: www.carmarthenshire.gov.uk Facebook - HAIPAC	<p>High Functioning Autism (HFA) and Asperger Syndrome (AS) are both part of the Autism Spectrum. Autism is a lifelong developmental disability that affects how someone communicates with and relates to other people. It also affects how they make sense of the world around them and possibly how they are able to socialise.</p> <p>It is common for adults with an Autistic Spectrum Disorder to feel isolated and misunderstood. CAAA is an advice and information service with HFA and AS and for those who support them.</p> <p>Anyone can contact the service they don't need to be referred by a professional.</p> <p>CAAA can provide advice, signposting, short term mentoring, and ASD awareness training.</p>



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Carmarthenshire Carers Educational Years (CEY) Project		Tel: 0300 0200 002 (office) or 07508 001596 (Cat Hooton) Email: cat@carmarthenshirecarers.org.uk Website: www.carmarthenshirecarers.org.uk	Our support service includes: <ul style="list-style-type: none"> • A dedicated keyworker providing 1:1 support in your home, at school or at college • A support plan with a family-based approach • Information on carer issues • Life skills groups: confidence building, health & well-being, etc. • Partnership working with other services who can offer support • Peer support, including activities, youth clubs, days out, support groups and social media
Carmarthenshire Counselling Service	PO Box 174, Llanelli, SA15 9AY	Tel: 01554 772385	
Carmarthenshire Country Cars	Coordinated by Pembrokeshire office	Tel: 01646 699108 (to find out contact details of a local volunteer) Website: www.royalvoluntaryservice.org.uk	Country Cars is a community-based car-sharing scheme wherein volunteer drivers give lifts to Carmarthenshire residents who would otherwise be unable to make essential local journeys within Carmarthenshire. Country Cars is designed to be a public transport 'safety net', providing links to bus and train, or door-to-door transport when needed, for individual and occasional needs. Please give as much notice as possible before the day when transport is required. Office opening hours: 9am to 5pm Monday to Friday (not bank holidays).



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<p>Carmarthenshire Floating Support Service (CFSS) (The Wallich)</p>	<p>2 Station Road Llanelli SA15 1AB</p>	<p>Tel: 01554 701800</p> <p>Mob: 07595491148</p> <p>Email: Cath.wilson@thewallich.net</p> <p>Email: David.Harries@thewallich.net</p> <p>Website: www.thewallich.com</p>	<p>CFSS is accessed by referral from Carmarthenshire County Council Housing Department, partnership agencies and by self-referral.</p> <p>We deliver floating support for people living in rented accommodation, local authority or housing association properties, owner occupiers and those with no fixed abode.</p> <p>Other services include supporting people into permanent and sustainable accommodation. Developing independent living skills. Advice and support on benefits. Liaising and signposting to other agencies and services. Neighbour issues. Supporting access to community activities.</p> <p>Facilitating access to other services such as healthcare, training or education</p>
<p>Carmarthenshire Hearing Voices Group (VOX)</p>	<p>Hafal 8-10 Woods Row Carmarthen SA31 1BX</p>	<p>Tel: 01239 841823</p>	<p>Meeting at Hafal on Tuesday evenings 6pm to 7.30pm. A chance for voice hearers, seers of visions or those experiencing tactile invasions, their friends, family and carers to meet together, support each other and share their experiences.</p>
<p>Carmarthenshire Hoarders Group</p>	<p>Committee meetings only at: The Mount 18 Queen Street Carmarthen SA31 1JT</p>	<p>Contact: Marie Rocke</p> <p>Email: marie@wwamh.org.uk</p> <p>Email: carmarthenshirehoarders@mail.com</p>	<p>Offers information and support and practical help to individuals living with hoarding issues and their family and friends.</p>



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<p>Carmarthenshire Learning Disabilities Services</p>	<p>Psychological Wellbeing Centre / Therapeutic Day Services Ty Myddfai Cillefwr Industrial Estate Glien Road Johnstown Carmarthen SA31 3RB</p> <p>Carmarthen CTLD 1 Penlan Road, Carmarthen, Carmarthenshire, SA31 1DN</p> <p>Cwm Seren, Tudor House and Ty Bryn Hafan Derwen Jobswell Road Carmarthen SA31 3HB</p>	<p>Tel: 01267 229700</p> <p>Tel: 01267 236899</p> <p>Tel: 01267 235151</p> <p>Website: www.wales.nhs.uk</p>	<p>Therapeutic Day Services with course including Mindfulness, Emotional Coping Skills (ECS), Anger Management and Couples Counselling.</p>
<p>Carmarthenshire United Support Project (CUSP)</p>	<p>Scarlet Court Heol Aur Dafen Park Llanelli SA14 8QN</p>	<p>Tel: 01554 745480</p> <p>Email: cusp@redcross.org.uk</p>	<p>CUSP is a partnership of organisations in Carmarthenshire working together to provide individual and tailored support for people with mobility, loneliness and/or wellbeing issues.</p>



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<p>Carmarthenshire Young Carers Service</p>	<p>2nd Floor Ty Elwyn Town Hall Square Llanelli SA15 3AP</p>	<p>Tel: 01554 742630</p> <p>Email: Youngcarersservice@carmarthenshire.gov.uk</p> <p>Website: Carmarthenshirecarers.org.uk</p>	<p>Young carers are children or young people under 18 who look after someone in their family who has an illness, a disability, a mental health problem or substance misuse problem who may be taking practical and/or emotional caring responsibilities that an adult would normally do.</p> <p>Carmarthenshire Young Carers Service provides one to one support as well as group activities for Young Carers under the age of 18.</p>
<p>Carmarthenshire Youth and Child Association (CYCA)</p>	<p>Nevill Street Llanelli SA15 2RS</p>	<p>Tel: 01554 757599</p> <p>Email: securingfutures@cycaonline.org</p> <p>Website: www.cycaisg.com</p>	<p>CYCA offers high quality informal education and recreational services.</p> <p>Securing Futures Project is a project to provide early intervention to support families in Carmarthenshire if your eldest child is aged between 5 and 10 years old and you have difficulty understanding new or difficult information, coping independently with everyday activities such as household tasks or managing money the project could help you.</p> <p>The Virtual Interactive Gateway provides face to face support as well as online support. The Gateway allows more flexibility in the way you can access support and will feature a host of digital tools offering information and advice on a variety of issues and conditions.</p>



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<p>CASM</p>	<p>St Barnabas Hall, Llewellyn Street, Llanelli, Carmarthenshire SA15 1BD</p>	<p>Tel: 07805326063 Email: sarahdavies28@googlemail.com</p>	<p>CASM is an independent organization based in Llanelli, South West Wales, a volunteer led group, all dedicated to supporting those who care for a loved one who suffers from alcoholism or drug addiction.</p> <p>We are a confidential service, we can offer support and counselling for the carer, we can also meet up outside of group meetings for an informal chat.</p> <p>We have all had experience of living with and caring for someone in addiction</p> <p>Group meets every Tuesday evenings from 5.30pm - 8.30pm,</p>
<p>CETMA</p>	<p>CETMA Business Centre Marsh Street Llanelli SA15 1BG</p>	<p>Tel: 01554 772056 Email: info@cetma.org.uk Website: www.cetma.org.uk</p>	<p>Social enterprise that provides social engagement, training, health and wellbeing through the development of projects for individuals, organisations and businesses</p>
<p>Childline</p>		<p>Tel: 0800 1111 Website: www.childline.org.uk</p>	<p>Free, private 24 hour confidential help line for young people in the UK to talk about any problem.</p>



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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	Clic is Hafal's new online community for people with a mental illness and their carers. 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. Give support to and receive support from people with similar experiences. Being able to communicate in either English and Welsh. Get helpful information and contacts.
Community Advice and Listening Line (CALL)		Tel: 0800 132737 Text: help to 81066 Website: www.callhelpline.org.uk	A 24/7 confidential mental health helpline for Wales, supporting <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
Cruse Bereavement Care	PO Box 34 Haverfordwest Pembrokeshire 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.



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<p>Cyfle Cymru</p>		<p>Tel: 01267 231634</p> <p>Email: ask@cyflecymru.com</p> <p>Website: http://dacw.co.uk/about-cyfle-cymru</p>	<p>Peer mentoring service which provides help to people to develop confidence, and provide support to access training, qualifications and work experience.</p> <p>We help people affected by substance misuse and / or mental health conditions to gain the skills necessary to enter the world of work.</p> <p>People who are eligible are:</p> <p>Those aged 16 to 24 and not in employment, education and training.</p> <p>Those aged 25 or over and long term unemployed or economically inactive.</p> <p>Those who live in the Dyfed area. Those who are in recovery from substance misuse and/or mental health issues.</p>
<p>Delta Wellbeing</p>		<p>Tel: 0300 333 2222</p> <p>Email: info@deltawellbeing.org.uk</p> <p>Website: www.deltawellbeing.org.uk</p>	<p>A quick and easy access to information, advice, and assistance on all matters in relation to Health, Social Care and Housing including mental health.</p> <p>24 hour service, 7 days a week, 365 days a year and can be accessed by anyone needing support and guidance.</p>
<p>Dolen Teifi Community Transport</p>		<p>Tel: 0845 6861973</p> <p>Mobile: 07771 814401</p> <p>Website: www.dolenteifi.org.uk</p>	<p>Created by volunteers from the enterprise group Llandysul and Pont-Tyweli Ymlaen Cyf, aiming to provide sustainable transport to the people who live in Llandysul and the surrounding area. They have a combination of mini buses and wheelchair-accessible vehicles, and have now extended their services to other community groups along the Teifi Valley from Newcastle Emlyn to Llanbydder, Carmarthen to Llanelli.</p> <p>Opening hours: 9am to 5pm Monday to Sunday (including bank holidays).</p>



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Dyfed Drug & Alcohol Service (DDAS)	25 North Parade Aberystwyth SY23 2JN	Tel: 0330 3639997 Email: confidential@d-das.co.uk Website: www.barod.cymru	Young Persons Services Friends and Family Support General Support Group Work Drop-In Diversionary activities Complementary therapies Harm reduction activities Aftercare Brief Interventions Skills development Open access Relapse Prevention
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<p>Equus Ferus International</p>	<p>Pantymaen Four Roads Kidwelly SA17 4SF</p>	<p>Contact : Jackie Turner</p> <p>Mob : 07920522649</p> <p>Email: admin@equusferus.org</p> <p>Website: www.equusferus.org</p>	<p>Our work is based on the delivery of sessions that support positive changes in peoples lives through 'in the moment' learning experiences, using horse and human partnerships as a platform for change.</p> <p>The sessions are aimed at individuals experiencing a range of mental health issues and social disadvantage and in particular, those who do not engage well with conventional 'talk' therapies or other mainstream interventions.</p> <p>The aim is to help improve quality of life, emotional fitness and independent living by offering an alternative or complementary approach through 'experimental' learning.</p> <p>We deliver therapeutic sessions or workshops with horses at the heart of what we do. Sessions and workshops are tailored to individual and group needs and suitable for anyone interested in their own well being and personal development for clients and loved ones.</p>
<p>Fix and Shift Handyman Service</p>		<p>Tel : 01267 468961</p> <p>Mob: 07949377266</p> <p>Email: david.williams@commodum.org.uk</p>	<p>A free service supplied by vulnerable adults for vulnerable people who are in receipt of benefit to enable small jobs to be completed around your home eg gardening, painting and decorating, fitting shelving, fitting key safes, assembling flat pack furniture, testing smoke detectors and much more.</p>



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Friendship Group	Civic Hall 19 Crescent Road Llandeilo SA19 6HW	Tel: 07976 814799 (Susie) and 07393 796883 (Jennifer)	Meeting on alternative Thursdays 11am to 2pm at the YMCA in Llandovery. We have plenty of tea, coffee and biscuits to go around!
Gofal	Swansea and Neath Port Talbot Office Beaufort House Beaufort Road Swansea SA6 8JG	Tel: 01792 763350 Email: enquiries@gofal.org.uk Website: www.gofal.org.uk	Leading Welsh National Mental Health Charity and Wellbeing Charity. Provides a wide range of services to people with mental health problems – supporting their independence, recovery, health and well being. Tenancy support – referral required – help people with housing issues.
Greenspace Gallery	21 Blue Street Carmarthen SA31 3LE	Contact : Dorothy Morris Email: Dorothy_morris@hotmail.com	Open Tues to Sat 10am to 4pm Gallery with a new concept committed to the celebration of nature, preservation of planet, life and well being. Also a dog friendly cafe where you can view the artist at work or book one of her workshops.
Hafal Head Office	Unit 3B Lakeside Technology Park Phoenix Way Llansamlet Swansea SA7 9FE	Tel: 01792 816 600 Email: hafal@hafal.org Website: www.hafal.org	



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Hafal Carmarthen	8-10 Woods Row Carmarthen SA31 1BX	Tel: 01267 223365 Email: carmarthenshire@hafal.org Website: www.hafal.org	Day services provide a wide range of opportunities and activities to help recovery from a serious mental illness.
Hafal Ammanford	Ty Amman 2 High Street Ammanford SA18 2LY	Tel: 01269 597829 Email: tyaman@hafal.org Website: www.hafal.org	Provides educational, training, employment and leisure opportunities. One to one support is provided to help people deal with challenges and move on with their lives.
Hafal Carmarthenshire Family Support Services		Email: Samantha.martin@hafal.org Mob: 07971 302931	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
Hafal Llanelli Supported Housing Project		Tel: 01554 742870 Email: llanelli@hafal.org	Temporary 24 hour domiciliary support in shared housing for adults with mental illness who need a medium level of support to develop living skills. Referral to Llanelli Project is by CMHT Care Co-Ordinator only
Help for Heroes		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.



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Housing Support Service for older people		Tel: 01269 598206 Email: housingsupport@carmarthenshire.gov.uk Website: www.carmarthenshire.gov.wales/housing	Anyone aged 55 and over, or anyone with dementia regardless of age, can access the Housing Support Service. Support to stay in your home and help you live an independent life and do all things you enjoy. We realise that some people need support to do this and this is what the service offers. You can call or email or if you have a careline you can use this to contact us.
HUTS	Teifi Terrace Adpar Newcastle Emlyn SA38 9ED	Tel: 01239 710377 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.



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<p>Hywel Dda Community Health Council</p>	<p>Suite 5 1st Floor Ty Myddrin Old Station Road Carmarthen SA31 1BT</p>	<p>01267 231384</p> <p>Email: hyweldda@waleschc.org.uk</p> <p>Website: www.wales.nhs.uk</p>	<p>Open 9am to 5pm.</p> <p>Non profit organisation with committees in each county with local offices in Aberystwyth, Carmarthen and Milford Haven.</p> <p>Free, confidential and independent advocacy service which can offer advice and support if you have a complaint about health services.</p> <p>The CHC seeks your views about the local health services and uses this information to help us work with the Health Board to monitor their services.</p> <p>Also provides information about local health services.</p>
<p>Hywel Dda Health Board</p>	<p>Centralised contact centre in Prince Phillip Hospital</p>	<p>Tel: 0300 3039642</p> <p>Website: www.hywelddahb.wales.nhs.uk</p>	<p>The Health Board has merged its contact centres in Glangwilli, Withybush and Bronglais Hospitals to one centralised contact centre based in Prince Phillip Hospital ion Llanelli.</p> <p>The contact centre will ensure that outpatient appointments can be arranged at the earliest opportunity. Patients can request a free 'call back' option to avoid queues on the phone.</p> <p>Normal opening hours 8am to 6pm – Monday to Friday.</p>



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IAWN		Website: www.iawn.wales.nhs.uk/hafan	Local primary mental health support services in Carmarthenshire, Ceredigion and Pembrokeshire run by Hywel Dda University Health Board. Services for people with common, mild to moderate mental health problems. Information, awareness and wellbeing.
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. 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>
Jac Lewis Foundation	Manor Road Ammanford, Carmarthenshire	Tel: 07368 828515 Email: jacewisfoundation@gmail.com Website: http://jacewisfoundation.co.uk/	Support for mental health, especially for young males. Providing counselling sessions and support groups to help prevent anxiety, depression, self-harm and suicide.



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Joined Up Linking	Unit 4 The Palms 96 Queen Victoria Road Llanelli SA15 2TH	Tel : 01554 757957 Mob: 07562374776 Email: info@links.uk.net Website: www.links.uk.net	Support service for ex-forces men and women suffering from mental health issues based in Llanelli and encompassing Carmarthenshire. We offer a safe and non discriminating environment to meet with others who understand issues faced on a day to day basis. Helping them with the stepping stones to recovery and integration to adjust to civilian life. We help improve self esteem and self confidence. Signpost to appropriate organisations. Offering support, access to information and activities.
Journeys	38 Albany Road Cardiff CF24 3RQ	Tel: 02920692891 Email: info@journeyonline.org.uk	Non profit organisation. Open Monday to Friday 10am to 4pm. Information and support for the journey towards recovery from depression. Holistic approach to overcoming depression through self-help, building the foundations for sustainable long term wellbeing. Providing multiple resources for people experiencing depression across Wales. Provides information, self management, peer support groups, one to one counselling and training for people to find their own route to recovery.
Knit & Natter Group	Cwmamman Community Centre High Street Glanamman SA18 1DX	Kal Davison – contact Mob: 07772 468407	From 1pm to 2.30pm. £3.00 per person to include hot drink and biscuits. Bring your own project or join the community project and use of the groups wool and needles.



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LGBTQ+ Support Group	CETMA Business Centre Marsh Street Llanelli SA15 1BG	Contact: Alexander Bryant-Evans, Project Coordinator Tel: 01554 772056 Email: abryantevans@cetma.org.uk Website www.cetma.org.uk	
LINKS	Unit 4 The Palms 96 Queen Victoria Road Llanelli SA15 2TH	Tel: 01554 757957 Email: office@links.uk.net Website: www.links.uk.net	LINKS is a mental health project based in Llanelli which offers flexible learning opportunities and to promote positive emotional well being. Computer skills, pottery, digital photography, textiles, gardening, drawing and painting. Mon – Fri 10.30am to 3.30pm Aim is to support people with mental health problems and to build their confidence and self esteem.
Llandovery Youth and Community Association	Gerwyn House 19 Market Square Llandovery SA20 0AB	Tel : 01550 721499	Art therapy is a form of psychotherapy that uses art to help people to communicate. No previous art experience needed by the client. Suitable for people of all ages with communication problems – not dependent on the spoken word.
Llanelli Men’s Sheds or Sospan Sheddars	1a Derwent Street Llanelli SA15 3ES	Contact: Martin Yeo Mob: 07570460219 Email: Myeo1@talktalk.net	Everyone welcome on Friday 10am to 2pm. If you have a hobby to share in safe surroundings. Various activities considered with whatever skills you have, model making, woodworking, art and craft, collectors, or just come for a chat and a cuppa.



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Local Primary Mental Health Support Service		Tel: 01554 779351 Mob: 07816064644 Mob: 07816064643	Provides Stress Control course for under 18's.
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.
Men's Shed Amman Valley	Ysgol Y Glyn School Road Lower Brynamman SA18 1SU	Tel: 07716 948949 or 07741 464252 Email: lin_lee@hotmail.co.uk Website: www.ammanvalleymensshed.org	Pursue practical interests, practice or learn new skills. Social connection and friendship building. Minimum age is 18 years.
Men's Sheds Cymru	Main Office Stephen's Way Pensarn Carmarthen SA31 2BG	Contact Fred Hottinger Tel: 01267 225536 Email: info@mensshedsymru.co.uk	The Men's Sheds is a cooperative association wholly owned by its members with sites in Llanelli, Kidwelly and Ferryside. It is a workshop where skilled and unskilled men can share time with each other, discuss issues and situations whilst offering life skills and working together alongside the local community on various projects.
Mental Health Advocacy (Eiriol)	1st Floor Office 59 King Street Carmarthen SA31 1BA	Tel: 01267 231122 Email: eiriol@eiriol.org.uk Website: www.eiriol.org.uk	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.



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<p>Menter Cwm Gwendraeth, Bywyd Da</p>	<p>11–17 Coalbrook Road Pontyberem Llanelli SA15 5HU</p>	<p>Tel: 01269 871600 Pontyberem Tel: 01554 755994 Llanelli Email: ymholiadau@mentercwmgwendraeth.org.uk Website: www.mentercwmgwendraeth.org.uk</p>	<p>Nonprofit organisation for the Gwendraeth Valley, Llanelli and Burry Port and the surrounding communities with the Welsh Language at the core of the development of each project.</p> <p>Developing projects in the fields of Health and Wellbeing, Community Regeneration, the Environment, Life Long Learning and Children and Young People.</p>
<p>Mind Befriending Scheme Sir Gar</p>	<p>Unit 10, Delta Lakes Enterprise Centre, The Avenue, Llanelli. SA15 2DS.</p>	<p>Tel: 01554 776306 Email: befriending@llanelli-mind.org.uk Website: www.carmarthenshirebefriending.org Website: www.llanelli-mind.org.uk</p>	<p>Befriending scheme offers support and companionship to people who have mental health needs.</p> <p>They recruit, train and match volunteers with individuals who are socially isolated through their experience of mental ill health and in a rural county like Carmarthenshire people can be geographically isolated.</p> <p>Aim is to encourage people experiencing emotional or mental health problems towards a more fulfilling life through developing mutually beneficial friendships.</p>



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<p>Mind Carmarthen Age 18 +</p>	<p>132b Priory Street Carmarthen SA31 1LR</p>	<p>Tel: 01267 222990</p> <p>Email: Carmsmind132@aol.com</p> <p>Website: www.mind.org.uk</p>	<p>Monday, Tuesday, Wednesday & Friday 10.00am – 2.30pm.</p> <p>Drop in service for information, advice and support for people living with a mental health problem. There is also a specialist Welfare Benefits Advisor.</p> <p>Services provided include counselling, gardening, information services, being a resource centre, wellbeing etc.</p>
<p>Mind Llanelli Age 18 +</p>	<p>46 Thomas Street Llanelli Carmarthenshire SA15 3JA</p>	<p>Tel: 01554 752751</p> <p>Email: jen.caton@llanelli-mind.org.uk</p> <p>Email: info@llanelli-mind.org.uk</p> <p>Email: welcomecentre@llanelli-mind.org.uk</p> <p>Website: www.llanelli-mind.org.uk</p>	<p>Non profit organisation.</p> <p>Services include talking therapies, crisis help lines, drop in centre, employment and training schemes, counselling and befriending.</p>
<p>Monks Treasure</p>	<p>Venue not supplied.</p>	<p>Contact: Julie Sanders</p> <p>Mob: 07794 953249</p>	<p>Offering Eco Therapy based activities in woodlands near Kidwelly including crafts, wildlife identification and treasure seeking.</p>



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<p>Myrtle house</p>	<p>ELIM Pentecostal Church Myrtle House 22 Myrtle Terrace Llanelli SA15</p>	<p>Tel: 01554 756051</p> <p>Email: info@myrtlehouse.org.uk</p> <p>Website: www.myrtlehouse.org.uk</p>	<p>Church Community Friendship centre.</p> <p>Myrtle House is a church community in the heart of Llanelli who seek to live by steady faith, be known by extravagant love and generous hope. We have lots going on throughout the week at Myrtle House and out in the community.</p>
<p>New Pathways</p>	<p>Carmarthen (SARC) Elm Tree House West Wales General Hospital Francis Well Carmarthen SA31 2AF</p>	<p>Tel : 01267 253464</p> <p>Head Office, 01685 379310</p> <p>Email: enquiries@newpathways.org.uk</p> <p>Website: www.newpathways.org.uk</p>	<p>Rape crisis and sexual abuse support services. New Pathways was established in Merthyr Tydfil in 1993 as a helpline for female victims of rape. Over the years it has grown and diversified and we now offer a range of counselling, advocacy and support services for women, men, children and young people. Counselling is talking therapy that gives people the opportunity to talk about their problems and the way in which these problems affect them with a trained professional counsellor.</p> <p>New Pathways provides specialist counselling and support to women and men who are affected by the trauma caused by rape and sexual abuse. New pathways also provide counselling for people with learning disabilities.</p> <p>In addition to face-to-face counselling, we offer telephone and Skype counselling to clients who are unable or who would prefer not to access face to face counselling.</p>



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NHS Direct Wales		Tel: 111 Website: www.nhsdirect.nhs.uk	Free to call single non emergency number medical helpline. The service is part of the NHS.
Nuturing Nature	Venue not supplied.	Contacts: Vivien Morgan Larcher and Phil Larcher Mob: 07842518714 Email: vivmorgan@hotmail.co.uk	Offering Nature based activities and crafts in a woodland in Carmarthen.
Prince Philip Hospital	Bryngwyn Mawr Dafen Llanelli SA14 8QF	Tel: 01554 756567 Website: www.wales.nhs.uk	Open 24 hours 7 days a week.
R.A.B.I		Confidential helpline: 0808 2819490 Email: grants@rabi.org.uk	



Carmarthenshire Mental Health Directory

<p>Social Care and Housing Complaints Officer</p>	<p>Complaints and Compliments Team Freepost RRZH-HXZC-AGLE Chief Executive's Department Carms County Council County Hall Carmarthen SA31 1JP</p>	<p>Tel: 01267 224488</p> <p>Email: complaints@carmarthenshire.gov.uk</p>	<p>Complaints and compliments for Social Care and Housing.</p>
<p>Social Services Emergency Out of Hours Service</p>		<p>Emergency Out of Hours Number Tel : 01558 824283</p> <p>Careline Number : (Call centre) 0845 6580445</p> <p>For matters relating to Children's Services :</p> <p>Tel : 01554 742322 (Llanelli)</p>	<p>This service deals with emergency situations that cannot wait until the next working day and operates when the main offices are closed.</p> <p>Any person who lives in Carmarthenshire can use the service whether they receive a service or not.</p> <p>Please contact us if : A child or young person is in need of protection from harm, a parent, carer or child needs emergency help, advice or support, a carer or vulnerable adult is in urgent need, there are serious concerns about a person's mental health.</p>



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<p>Social Services Third Sector Broker Carmarthenshire West Wales Care Partnership.</p>	<p>3 Spilman Street Carmarthen SA31 1LE</p>	<p>Tel: 01367 228756</p> <p>Email: wwcp@carmarthenshire.gov.uk</p> <p>Website: www.wwcp.org.uk</p>	<p>As partners we share a commitment to ensuring health and social care services work well together for the benefit of those that need them and their carers.</p> <p>The Social Services and Wellbeing (Wales) Act 2014 places new requirements on all organisations that commission and provide care. The WWCP is working together to respond to those requirements, improving services and joining them up as far as possible so they deliver the best outcomes for citizens.</p>
<p>Stress Control Training</p>		<p>Tel: 01554 779351</p> <p>Mob: 07816064644</p> <p>Mob: 07816064643</p> <p>Email: Stresscontrol.carms.hdd@wales.nhs.uk</p>	<p>Stress Control is a 4 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.</p> <p>It is a class not group therapy so you don't have to talk about your problems. You just need to turn up, sit back and learn some great ways to control stress. Stress is common, therefore there may be lots of people in the class.</p>
<p>Taf QT Club</p>	<p>Venue not supplied.</p>	<p>Contact : Reg Wyeth</p> <p>Tel: 01994 231828</p> <p>Email: rwyth@btinternet.com</p>	<p>Club meets fortnightly and transport can be provided if necessary.</p> <p>Offers activities for people living with dementia related illnesses and their carers.</p>



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The Biscuit Fund		Email: info@biscuitfund.org Website www.biscuitfund.org	Referrals only from anyone working in a social, advisory or healthcare organisation. No direct applications from individuals 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
The Child Bereavement Trust (CBT)	Clare Charity Centre Wycombe Road Saunderton Buckinghamshire HP14 4BF	Tel: 01494 568900 Email: support@childbereavement.org.uk Website: www.childbereavement.org.uk	Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.
The Compassionate Friends (TCF)		Tel: 0345 123 2304 Email: info@tcf.org.uk Website: www.tcf.org.uk	Helpline 9.30am to 4.30pm Monday to Friday. TCF offers many different kinds of support for bereaved families.
The DPJ Foundation		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.



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<p>The Expert Patient (EPP) Training and Looking After Me (LAM) Training</p>		<p>Tel: 01554 899035</p> <p>Website: www.eppwales.org</p>	<p>EPP program for patients and the LAM course for carers are led by trained tutors who themselves have past experience of long term health conditions or being in a caring role.</p> <p>The course looks at relaxation techniques, exercise, healthy eating, communicating and planning the future.</p>
<p>The Freedom of Information Officer</p>	<p>Hywel Dda University Health Board Corporate Offices Ystwyth Building St David's Park Jobs Well Road Carmarthen SA31 3BB</p>	<p>Tel: 01267 239682</p> <p>Email: FOI.HywelDda@wales.nhs.uk</p> <p>Website: www.wales.nhs.org</p>	<p>As an open and transparent organisation, the University Health Board is committed to routinely publishing as much information as possible. If you want information not on the website or through our Publication Scheme you have a right to make a request via the FOI Act in writing, by fax or by email.</p>
<p>The Moving On Club</p>	<p>5-6 Queen Street Carmarthen SA31 1JR</p>	<p>Tel: 01267 221194</p> <p>Email: Madison.tazu@hafancymru.co.uk</p>	<p>Referral form required. Offers courses in Welsh, developing personal confidence, self awareness and interview techniques.</p>



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<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).</p> <p>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. <p>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>
<p>Tir Dewi</p>		<p>Confidential helpline: 0800 121 4722</p> <p>Tel: 01348 837600</p> <p>Email: mail@tirdewi.co.uk</p> <p>Website: www.tirdewi.co.uk</p>	<p>A freephone helpline and on-farm support service for farmers.</p>



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Transport For All	Dolen Teifi Old Post Office New Road Llandysul Ceredigion SA44 4QJ	Enquiries : Tel : 0845 6861973 Contact : Rod Bowen Tel : 01559 362403 Mob : 07771814401 Website: www.dolenteifi.org.uk	Community transport service ie community minibuses (14 to 17 seats including the driver) for group use which is an affordable way for groups to get around with vehicles based in Carmarthen, Llanelli and Llandysul. All minibuses are wheelchair accessible.
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).
Try Something New Groups Alzheimer's Society		Tel: 01269 597411 Cheryl Davies 07834 729766 Email: Cheryl.davies@alzheimers.org.uk Email: Carmarthenshire@alzheimers.org.uk	Try Something New Groups is an exciting project that delivers a range of formal and informal activities for people with dementia and their carers free of charge. Weekly activity sessions run for up to 12 weeks , with activities such as arts and crafts, gardening, local history, music, reminiscence, cookery, gentle exercise and many more.



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Ty Golau (House of Light)	Ty Golau 61 Morfa Maen Kidwelly SA17 4UF	Tel: 01554 890896 Email: info@tygolau.org.uk Website: www.tygolau.org.uk	<p>Ty Golau is a health and wellbeing facility for people aged 50 and over, many of whom have memory problems, Alzheimers or dementia type illness. Ty Golau offers support and respite to family / carers as they care for within the group in the knowledge that they are safe, well looked after and having a good time.</p> <p>Reminiscence therapy, quizzes, music and movement, singing a longs, life story and much more.</p>
University of the Third Age (U3A)		Contact via website: www.carmarthenu3a.org.uk	<p>Our vision is to make lifelong learning through the experience of U3A a reality for all third-agers. Members form interest groups covering a wide range of topics and activities as they desire by the members for the members. No qualifications are sought or offered. Learning is for its own sake with enjoyment being the prime motive. There is no distinction between the learners and the teachers they are all U3A members. Shared learning, creative and leisure activities for retired and semi-retired people to come together and learn together eg history, jazz, literature, music appreciation, poetry, walking, art, digital etc. Members share their skills and life experiences.</p>
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>
Veterans Legal Link		Email: help@veteranslegal.co.uk Website: www.veteranslegallink.org	<p>Assists veterans and their families in receiving free legal advice.</p>



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Veterans NHS Wales		<p>Tel: 01570 422577</p> <p>Website: www.veteranswales.co.uk</p>	<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>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>
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Wales Homes for Veterans		Tel: 01722 322 882 Email: veterans@alabare.co.uk Website: www.alabare.co.uk/theme/homes-for-veterans-wales	Provides dedicated support to Veterans in North and South Wales - specifically; Cardiff, Pontypridd, Swansea, Carmarthen and Conwy.
Walking Well Projects		Contact: Jan Batty Tel: 01970 613907 Email: Jan.batty@wales.nhs.uk Website: www.publichealthwales.org	Help people set up short walks in their community by training Walk Leaders and supporting them to set up a walk and talk group – Am dro am Glonc.
Welsh Ambulance Service Trust Non-emergency Patient Contact Centre		Tel: 0300 123 2303	Patients registered with a Carmarthenshire 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. Opening hours: 8.30am to 5pm Monday to Friday (not bank holidays or weekends).
Welsh Ambulance Service Trust Non-emergency Patient Transport Contact Centre (Hospital booking line only)		Tel: 01267 225789	Hospital wards and clinicians 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. Opening hours: 8.30am to 5pm Monday to Friday (not bank holidays or weekends).



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West Wales Action for Mental Health (WWAMH)	The Mount 18 Queen Street Carmarthen SA31 1JT	Tel: 01267 245572 Website: www.wwamh.org.uk	Can provide information about local mental health services and signpost you to relevant organisations. Plus advocacy.
West Wales Motorbike Project	The Mount 18 Queen Street Carmarthen SA31 1JT and Motor Vehicle Department Coleg Sir Gar Pibwrlwyd Campus Carmarthen SA31 2NH	Contact: Lucie Soper Tel: 01267 245572 Email: westwalesmotorcycle@gmail.com	Meeting once a month on a Saturday morning. Community group that wishes to promote the mental health benefits of motorcycling. The project will work with people to learn about motorbikes including repair and riding skills. Enabling people to come together and support one another and build new friendships.
Young Adult Carers (YAC)	Venue not supplied	Contact: Melanie Rees Mob: 07535449686 Tel: 0300 0200002 (office) Email: melanie@carmarthenshircarers.org.uk Website: www.carmarthenshircarers.org.uk	If you look after a family member, friend or child with a disability, mental health or substance misuse issues and are a young adult carers aged 16-25 years then you can get support from the YAC Project. The Support Service includes a dedicated key worker providing 1-2-1 support in your home or community. Individually tailored support plans with a family based approach. Information on carers issues. Life skills groups – confidence building and health and well being. Access to other services which can offer support. Grant applications eg for short breaks, bursaries etc. A directory of services, newsletters and updates.