



## **Ceredigion 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](mailto:director@wwamh.org.uk)**



## Ceredigion Mental Health Directory

Organisation	Address	Telephone/Email/Website	Service Provided
<b>Aberystwyth Social Clubs</b> <b>Managed by Hafal</b>	9 Portland Road Aberystwyth SY23 2NL	Tel: 01970624756  Email: <a href="mailto:ceredigion@hafal.org">ceredigion@hafal.org</a>  Website: <a href="http://www.hafal.org">www.hafal.org</a>	<ul style="list-style-type: none"> <li>• Housing Support</li> <li>• Breaks for Carers</li> <li>• Introductions for befriending</li> <li>• Clubs</li> <li>• General Support               <ul style="list-style-type: none"> <li>• Information</li> <li>• Advice</li> <li>• Groups</li> <li>• Befriending</li> <li>• A voice in planning</li> </ul> </li> </ul>
<b>Activate Your Life Training</b>		Mob: 07825 997248  Email: <a href="mailto:ACT.hdd@wales.nhs.uk">ACT.hdd@wales.nhs.uk</a>	<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>



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<b>Adlerian Society of Wales</b>	56, St James Street Narberth SA67 7DA	Tel: 01834 860330  Email: <a href="mailto:office@adleriansocietywales.org.uk">office@adleriansocietywales.org.uk</a>  Website: <a href="http://www.adleriansocietywales.org.uk">www.adleriansocietywales.org.uk</a>	<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>
<b>Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC).</b>		Tel: 02167 223197  01437 762935  Website: <a href="http://www.advocacywestwales.org.uk">www.advocacywestwales.org.uk</a>	
<b>Alzheimer's Society</b>		Tel: 01269 597690  Email: <a href="mailto:ceredigion@alzheimers.org.uk">ceredigion@alzheimers.org.uk</a>  Website: <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>	
<b>Amethyst Project</b>	Small World Theatre Cardigan SA43 1JY	Tel: 01239 615 952  Email: <a href="mailto:deri@smallworld.org.uk">deri@smallworld.org.uk</a>  Website: <a href="http://www.smallworld.org.uk">www.smallworld.org.uk</a>	<p>Workshops for young people who have experienced issues around self-harm, anxiety, depression, low confidence and low self-esteem.</p> <p>Workshops also available for parents or guardians of young people that are struggling with the above issues</p>



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<b>Autism Initiative</b>	6 Great Darkgate Street Aberystwyth Ceredigion SY23 1DE	Tel: 01970 626264  Mob: 07850 601283  Email: <a href="mailto:Elaine.baileyjohn@autisminitiatives.org">Elaine.baileyjohn@autisminitiatives.org</a>  Website: <a href="http://www.autisminitiatives.org">www.autisminitiatives.org</a>	
<b>Bereaved by Suicide (Cardigan Support Group)</b>		Contact Sian on  Mob: 07514 139910  Email: <a href="mailto:bereavedbysuicide@hotmail.com">bereavedbysuicide@hotmail.com</a>	Support group for over 18s  Meets every third Wednesday of the month from 7pm – 9pm
<b>Bi Polar UK</b>		Tel: 0333 323 3880  Email: <a href="mailto:info@bipolaruk.org">info@bipolaruk.org</a>  Website: <a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a>	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.
<b>Borth Family Centre</b>	SY24 5LW	Mob: 0789 6616 857  Email: <a href="mailto:helen@borthfamilycentre.co.uk">helen@borthfamilycentre.co.uk</a>	Group with activities for cares of people with memory loss and their cared for. The group meets on a Monday from 10am – 12pm



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<b>CAMFAN</b>	4 & 4a Drovers Rd Lampeter Ceredigion SA48 7AT	Tel: 01570 421190  Email: <a href="mailto:louise.jenkins@gwalia.com">louise.jenkins@gwalia.com</a>  Website: <a href="http://www.poblgroup.co.uk">www.poblgroup.co.uk</a>	Provides a 4-day drop-in and support service for clients with or recovering from mental distress. Opening hours: 9.30am to 3.30pm (Monday, Tuesday, Thursday, Friday)
<b>Cardigan Women's Aid</b>	Women's Aid PO box 5 Cardigan SA43 1LE	Tel: 01239 615385  Email: <a href="mailto:info@westwalesdas.org.uk">info@westwalesdas.org.uk</a>  Website: <a href="http://www.westwalesdas.org.uk">www.westwalesdas.org.uk</a>	<ul style="list-style-type: none"> <li>• Support</li> <li>• Emergency accommodation for women, children and men experiencing DA</li> <li>• Separate single flat for men experiencing DA</li> </ul>
<b>Ceredigion Advocacy via MAP Advocacy West Wales</b>	(Admin based in Pembrokeshire) 36-38 High Street Haverfordwest SA61 2DA	Tel: 01437 762 935  Email: <a href="mailto:admin@advocacywestwales.org.uk">admin@advocacywestwales.org.uk</a>  Website: <a href="http://www.advocacywestwales.org.uk">www.advocacywestwales.org.uk</a>	Independent Confidential Advocacy. Mental health advocacy for adults (18 and over) Currently for Ceredigion, Advocacy is on a spot purchase basis
<b>Ceredigion Association of Voluntary Organisations (CAVO)</b>		Tel: 01570 423232  Email: <a href="mailto:gen@cavo.org.uk">gen@cavo.org.uk</a>	Community Transport (CT) meets the transport needs of the communities in Ceredigion where these needs are not or cannot be adequately met by public and/or commercial transport.



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<b>Ceredigion Country Cars</b>		Tel: 01269 843819 Mobile: 07768 034827 Website: <a href="http://www.ceredigion.gov.uk">www.ceredigion.gov.uk</a>	A voluntary transport scheme coordinated by the Royal Voluntary Service (RVS) and funded by Ceredigion County Council. It provides transport for residents of Ceredigion, regardless of age, who do not have transport available for essential journeys. The charge is based on mileage. County Cars does not replace other public transport services and must link with those services wherever possible. 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).
<b>Ceredigion Independent Professional Advocacy (CIPA)</b>		Tel: 0800 2061387 Website: <a href="http://www.cipawales.org.uk">www.cipawales.org.uk</a>	A service providing independent professional advocacy in Welsh and English, as well as workshops on self-advocacy.
<b>Ceredigion Mental Health Forum</b>		Tel: 0743 5963 647 Email: <a href="mailto:Ceredigion@wwamh.org.uk">Ceredigion@wwamh.org.uk</a>	
<b>Ceredigion Young Carers and Young Adult Carers Service</b>		Tel: 01437 761330 Website: <a href="http://www.afcwestwales.org.uk">www.afcwestwales.org.uk</a>	One-to-one support for children and young people, aged 8 to 25, who have a caring role or responsibility.
<b>Citizens Advice Bureau - Aberystwyth</b>	1 King Street Aberystwyth SY23 2AY		Please contact the Cardigan office for Aberystwyth enquiries No drop-in service available in Aberystwyth



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<b>Citizens Advice Bureau - Cardigan</b>	Napier Street Cardigan Ceredigion SA43 1ED	Tel: 0344 4772020 advice line  Tel: 01239 621974 (admin)  Email: <a href="mailto:enquiries@cabceredigion.org">enquiries@cabceredigion.org</a>  Website: <a href="http://www.citizensadvice.org.uk/wales">www.citizensadvice.org.uk/wales</a>	Free advice: debt, welfare, benefits, housing, employment, family issues, better fuel deals, and consumer affairs.  Drop-in: Monday and Thursday, 10.00-15.00 Pre-arranged appointments: Monday to Friday  The Cardigan office is currently dealing with enquiries for Aberystwyth
<b>Community Advice and Listening Line (CALL)</b>		Tel: 0800 132737  Text: help to 81066  Website: <a href="http://www.callhelpline.org.uk">www.callhelpline.org.uk</a>	A mental health line for Wales, supporting <ul style="list-style-type: none"> <li>• those suffering from mental distress, their relatives and their friends</li> <li>• parents whose child has attempted suicide or have lost a child through suicide</li> <li>• vulnerable adults who are suffering abuse</li> </ul>
<b>Compassionate Communities</b>		Tel: 01559 363273 (Arts 4 Wellbeing)  Email: <a href="mailto:info@arts4wellbeing.co.uk">info@arts4wellbeing.co.uk</a>	A range of creative activities in a relaxed social atmosphere in village halls in Gorsgoch, Penrhiwllan, Coedybryn, Iechryd, Llanarth and Aberporth. For days and times please contact Arts 4 Wellbeing
<b>Cruse Bereavement Care</b>	PO Box 34 Haverfordwest Pembrokeshire SA61 1YS	Tel: 0800 288 4700  Email: <a href="mailto:westwales@cruse.org.uk">westwales@cruse.org.uk</a>  Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>	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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<b>Cyfarfod Managed by Hafal</b>	9 Portland Rd Aberystwyth Ceredigion SA23 2NL	Tel: 01970 624756  Email: <a href="mailto:Ceredigion@hafal.org">Ceredigion@hafal.org</a>  Website: <a href="http://www.hafal.org">www.hafal.org</a>	Befriending Scheme: available to those suffering from serious mental illness; provides respite for their carers  High Needs Housing Service: community-based support; 8am to 6pm  Aberystwyth Social Clubs: promote healthy lifestyles and support social interaction, providing recreation within the community; Wednesday, Saturday and Sunday
<b>Cyfle Cymru</b>		Tel: 01267 231634  Email: <a href="mailto:ask@cyflecymru.com">ask@cyflecymru.com</a>  Website: <a href="http://dacw.co.uk/about-cyfle-cymru">http://dacw.co.uk/about-cyfle-cymru</a>	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.  Those who live in the Dyfed area. Those who are in recovery from substance misuse and/or mental health issues.
<b>Cymdeithas Gofal The Care Society</b>	Head Office 21 Terrace Road Aberystwyth SY23 1NP	Tel: 01970 639111  Email: <a href="mailto:info@caresociety.org.uk">info@caresociety.org.uk</a>	<ul style="list-style-type: none"> <li>• Bond</li> <li>• Night Shelter</li> <li>• Emergency accommodation</li> <li>• Tenancy support</li> <li>• Shopmobility</li> </ul>





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<b>Dolen Teifi Community Transport</b>		Tel: 0845 6861973  Mobile: 07771 814401  Website: <a href="http://www.dolenteifi.org.uk">www.dolenteifi.org.uk</a>	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. Opening hours: 9am to 5pm Monday to Sunday (including bank holidays).
<b>Dyfed Drug &amp; Alcohol Service (DDAS)</b>	25 North Parade Aberystwyth SY23 2JN	Tel: 0330 3639997  Email: <a href="mailto:confidential@d-das.co.uk">confidential@d-das.co.uk</a>  Website: <a href="http://www.barod.cymru">www.barod.cymru</a>	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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<b>Gambling Support Service</b>	Citizens Advice Bureau Denbighshire 23 High St, Denbigh, LL16 3HY	Tel: 01745 818082 (Shannan Jones)  Denbigh office: 01745 814336 (general enquiries)  Email: <a href="mailto:shannan.jones@dcab.co.uk">shannan.jones@dcab.co.uk</a>	Citizens Advice have been commissioned by GambleAware to deliver the Gambling Support Service (GSS). Offering free training to frontline staff to spot the signs of gambling-related harm and help people get the support they need.  Free specialist debt, welfare and benefits advice. Drop in: Monday - Thursday 9:30 - 14:30
<b>Gofalwyr Ceredigion Carers</b>		Tel: 03330 143377  Email: <a href="mailto:ceredigion@credu.cymru">ceredigion@credu.cymru</a>	Supporting carers in Ceredigion
<b>Hafal Ceredigion</b>	9 Portland Road Aberystwyth SY23 2NL	Tel: 01970 624756  Email: <a href="mailto:ceredigion@hafal.org">ceredigion@hafal.org</a>  Website: <a href="http://www.hafal.org">www.hafal.org</a>	Hafal's services in Ceredigion for clients and families include:  Housing Support, Breaks for Carers, Introductions for befriending, Clubs, General Support, Information, Advice, Groups, Befriending, A voice in planning.  Hafal Ceredigion helps people with serious mental illness and their families to work towards recovery. All our services are underpinned by Hafal's Recovery Programme which empowers clients and families to take control of their lives and achieve recovery.



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<b>Hafal Crossroads</b>	9 Portland Road Aberystwyth SY23 2NL	Tel: 01970 627 966  Email: <a href="mailto:crossroads@hafal.org">crossroads@hafal.org</a>  Website: <a href="http://www.hafal.org/crossroads">www.hafal.org/crossroads</a>	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.  Our core service is the provision of replacement care in the home, delivered by trained carer support workers to give unpaid carers a break.
<b>Hafal Noddfa</b>	British Legion Hall Victoria Street Aberaeron SA46 0JA	Tel: 01545 571537	A free mental health support group providing opportunities to visit local places of interest and to take part in activities such as arts and crafts, Tai Chi, singing. Opening hours: 9.30am to 2.30pm (Tuesday and Thursday)
<b>Help for Heroes</b>	Unit D11 3&4 Old Bank Buildings Off Main Avenue Treforest Industrial Estate CF37 5UR	Tel: 01443 808910  Email: <a href="mailto:wales.supporthub@helpforheroes.org.uk">wales.supporthub@helpforheroes.org.uk</a>  Website: <a href="http://www.helpforheroes.org.uk">www.helpforheroes.org.uk</a>	A network of professionals and partners who not only help serving members of the Armed Forces, but also ex-Servicemen and women and their families. This is achieved through physical and emotional rehabilitation and recovery. The charity also identifies new career opportunities and offers financial and welfare support.
<b>HUTS</b>	HUTS Workshop Adpar Newcastle Emlyn SA38 9ED	Tel: 01239 710377	Supports adults with mental health concerns or learning difficulties, providing a well-equipped workshop where members can boost their life skills and confidence and running regular trips to local venues. Opening hours: 10am to 4pm (Monday to Friday)



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<b>IAWN</b>		Website: <a href="http://www.iawn.wales.nhs.uk/hafan">www.iawn.wales.nhs.uk/hafan</a>	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.
<b>Kinora</b>	St Marys Old School Hall Cardigan SA43 1DW	Tel: 01239 612056	A free mental health recovery drop-in centre offering advice and support to all. Activities include gardening, cooking, bush craft, walking groups, art sessions. Opening hours: 10am to 3pm (Monday, Tuesday, Thursday, Friday) and 5pm to 9pm (Wednesday)
<b>Meic</b>		Tel: 08088 023456  Website: <a href="https://www.meiccymru.org">https://www.meiccymru.org</a>	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.
<b>MIND Aberystwyth</b>	MIND Aberystwyth The Cambria Marine Terrace Aberystwyth SY23 2AZ	Tel: 01970 626225  Email: <a href="mailto:info@mindaberystwyth.org">info@mindaberystwyth.org</a>  Website: <a href="http://www.mindaberystwyth.org">www.mindaberystwyth.org</a>	A safe and relaxing place for adults experiencing or recovering from any level of mental illness. The MIND centre provides a range of activities including Art, Craft, Music, Complementary Therapies, Food and Mood and Woodland Ecotherapy. Carers, friends, family and supporters are all welcome. Support and advice are available.
<b>Noddfa Aberaeron</b>	British Legion Hall Oxford Street Aberaerib SY46 0JB	Tel: 01545 571537  Email: <a href="mailto:NoddfaAberaeron@gmail.com">NoddfaAberaeron@gmail.com</a>	Drop in facilities on Tuesday and Thursday 9.30am to 2.30pm for people with mild mental health problems. We offer a range of activities, hot lunch.



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<b>Powys Teaching Health Board Non-emergency Patient Transport Contact Centre</b>		Tel: 0845 8401234	Patients registered with a Ceredigion 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 4.30pm Monday to Friday (not bank holidays or weekends).
<b>R.A.B.I. (Royal Agricultural Benevolent Institution)</b>	Shaw House 27 West Way Oxford OX2 0QH	Confidential helpline: 0808 2819490  Email: <a href="mailto:info@rabi.org.uk">info@rabi.org.uk</a>  Website: <a href="http://www.rabi.org.uk">www.rabi.org.uk</a>	We provide financial help and advice about benefits for farmers, farm workers and their dependents (working or retired).
<b>Reboot UK (Mind Aberystwyth)</b>		Tel:  Email: <a href="mailto:tyler@mindaberystwyth.org">tyler@mindaberystwyth.org</a>  Website: <a href="http://www.goodthingsfoundation.org/projects/reboot-uk">www.goodthingsfoundation.org/projects/reboot-uk</a>	Reboot UK is a digital skills programme for multiply excluded individuals, focused especially on people affected by homelessness and mental health problems.
<b>Seren</b>		Tel: 0845 4561657  Website: <a href="http://www.serenwales.org.uk">www.serenwales.org.uk</a>	We can offer: <ul style="list-style-type: none"> <li>• Free confidential service</li> <li>• 12 sessions of one to one counselling with professional counsellors who have been trained in sexual abuse issues.</li> <li>• Group support</li> <li>• Resource information</li> <li>• Training of those working with people who have been sexually abused as children</li> </ul>



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<b>Starlings Community Cycling Project</b>	c/o Plascrug Leisure Centre Llanbadarn Road Aberystwyth SY23 1HL	Tel: 07534 382682  Email: <a href="mailto:starlingsaberystwyth@outlook.com">starlingsaberystwyth@outlook.com</a>  Web: <a href="http://www.starlingsaberystwyth.co.uk">www.starlingsaberystwyth.co.uk</a>	Starlings (Aberystwyth) is a sports and social club (with a difference) for local people who believe in the value of exercise and friendship for physical and mental well-being.
<b>The DPJ Foundation</b>		Confidential helpline: 0800 587 4262  Text: 07860 048799  Email: <a href="mailto:contact@thedpjfoundation.com">contact@thedpjfoundation.com</a>  Website: <a href="http://www.thedpjfoundation.com">www.thedpjfoundation.com</a>	We support people in rural communities with poor mental health, especially men in the agricultural sector.
<b>The Biscuit Fund</b>		Email: <a href="mailto:info@biscuitfund.org">info@biscuitfund.org</a>  Website <a href="http://www.biscuitfund.org">www.biscuitfund.org</a>	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
<b>Tim Plant Anabl</b>	Pantyfedwen 9 Market Street Aberystwyth SY23 1DL	Tel: 01970 627016  Email: <a href="mailto:ceilys.rees@ceredigion.gov.uk">ceilys.rees@ceredigion.gov.uk</a>	Practical support for parents, carers and professionals



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<b>Tir Coed</b>	Unit 6G Aberystwyth Science Park Llanbadarn Fawr Aberystwyth SY23 3AH	Tel: 01970 636909  Email: <a href="mailto:info@tircoed.org.uk">info@tircoed.org.uk</a>  Website: <a href="http://www.tircoed.org.uk">www.tircoed.org.uk</a>  (Elan Valley office: 01597 811527)	Woodland related activities for people suffering from mild to medium mental health problems. Group work. Training offered.
<b>Tir Dewi</b>		Confidential helpline: 0800 121 4722  Tel: 01348 837600  Email: <a href="mailto:mail@tirdewi.co.uk">mail@tirdewi.co.uk</a>  Website: <a href="http://www.tirdewi.co.uk">www.tirdewi.co.uk</a>	A freephone helpline and on-farm support service for farmers.
<b>Traveline Cymru</b>		Tel: 0800 4640000  Email: <a href="mailto:feedback@traveline.cymru">feedback@traveline.cymru</a>  Website: <a href="http://www.traveline.cymru">www.traveline.cymru</a>	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).



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<b>Veterans Gateway</b>		Tel: 0808 802 1212 Email: <a href="mailto:Support.veteransgateway.org.uk">Support.veteransgateway.org.uk</a> Website: <a href="http://www.veteransgateway.org.uk">www.veteransgateway.org.uk</a>	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.
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<b>Veterans NHS Wales</b>		<p>Tel: 01570 422577</p> <p>Website: <a href="http://www.veteranswales.co.uk">www.veteranswales.co.uk</a></p> <p>16</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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<b>Veterans Legal Link</b>		Email: <a href="mailto:help@veteranslegal.co.uk">help@veteranslegal.co.uk</a> Website: <a href="http://www.veteranslegallink.org">www.veteranslegallink.org</a>	Assists veterans and their families in receiving free legal advice.
<b>Welsh Ambulance Service Trust Non-emergency Patient Transport Contact Centre (hospital booking line only)</b>		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).
<b>West Wales Domestic Abuse Service</b>		Tel: 01970 625585 (Aberystwyth) Tel: 01239 615385 (Cardigan) Email: <a href="mailto:info@westwalesdas.org.uk">info@westwalesdas.org.uk</a> Website: <a href="http://www.westwalesdas.org.uk">www.westwalesdas.org.uk</a>	For adults, children and young people