



Pembrokeshire 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



Adult Mental Health

Organisation	Address	Telephone/Email/Website	Service Provided
ACTivate your life courses.		Tel: 01437 8334429 Email: ACT.hdd@wales.nhs.uk	Activate your life is a psychology course that will help you to understand your mind. The course is based on a relatively new approach to therapy – Acceptance and Commitment (ACT). ACT helps people overcome their suffering using ‘mindfulness’ and by helping you to understand how to live in accordance with you own important values. The course is all about having a better life.
Adlerian Society of Wales	56 St James Street Narbeth SA67 7DA	Tel: 01834 860330 Email: office@adleriansocietywales.org.uk Website: www.adleriansocietywales.org.uk	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. Funding received in February 2020 for counselling sessions for children and young people aged 14-21.
Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC).	36-38 High Street Haverfordwest Pembs SA61 2DA	For referrals to the community mental health service in Pembrokeshire : Tel : 01437 762935 For referrals to the IMHA Service : Tel: 01437 839174 Website: www.advocacywestwales.org.uk	Independent advocacy for people with serious mental health problems. Community service. Monday to Friday 9am to 5pm and Saturday 9am to 3pm.



WWAMH Pembrokeshire Mental Health Directory

Age Concern Pembrokeshire		Tel: 01437 769207 or Tel: 01437 769972 Website: www.acpembs.org.uk	Support and befriending for older people.
Age Cymru	37 Merlins Hill Haverfordwest SA61 1PE	Tel: 01437 769972 Email: office@acpembs.org.uk Free Advice Line : 0800 055 6112 8am to 7pm – 365 days a year. Website: www.acpembs.org.uk	Monday to Thursday 9am to 4pm – call in, email or phone. Range of services for older people (60+). Free confidential information and advice on welfare benefits and entitlements. Also be supported by our befriending scheme and carer support programme. Hospital discharge scheme, advocacy, befriending. Active ageing and Healthy Living Project. Odd job schemes. Loan of mobility aids, and home safety checks. Support for carers. Age resource desk for people aged 50+.
Alzheimer's Society Pembrokeshire		Tel: 01646 692329 Website: www.alzheimers.org.uk	Support and befriending for people with dementia and their carers.
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.
Bi Polar UK Tenby Support Group	Augustus Place Community Centre, Augustus Place, Tenby, SA70 7DJ		Meets 2 nd Tuesday of every month from 7.00pm – 9.00pm



Bwcabus		Tel: 01239 801601 Website: www.bwcabus.info	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). We enable people to travel between local towns and villages or connect to main-line bus services to travel further afield. Whether you need access to healthcare, local services, employment and training or to visit family and friends, Bwcabus can assist. Opening hours: 7am to 7pm daily except bank holidays.
Care and Repair	Meyler House St Thomas Green Haverfordwest SA61 1QP	Tel: 01437 766717 Email: CareRepair@pembs-ha.co.uk Website: www.pembs-cr.co.uk	Monday to Thursday 9am to 5pm and Friday 9am to 4.30pm. Not for Profit organisation. Help for elderly people for home repairs, improvements and adaptations.
Careers Wales		Website: www.careerswales.com	Provides specialist adult guidance advisers who are trained to help with your personal and career development needs. Their qualified advisers can help you to make the right choices for your future. Individual appointments are available with an Adult Guidance Advisor who will listen to what you want and discuss your options in a practical and positive way.
Carers Development Worker		Tel: 01437 771196	Developing services for carers.



<p>Carers Emergency Card Service</p>		<p>Tel: 01554 745480 Tel: 01792 772146</p>	<p>Emergency card service for carers.</p>
<p>Carers Support</p>		<p>Contact : Heather Flowers Tel : 01834 844177 Mob: 07966876108</p>	
<p>Citizens Advice Bureau (CAB)</p>	<p>43 Cartlett Haverfordwest SA61 2LH 38 Meyrick Street Pembroke Dock SA72 6UT Town Hall Milford Haven SA73 3JW PATCH Milford Haven SA73 3LD Memorial Hall High Street St David's SA62 6SD Town Hall Market Square Fishguard</p>	<p>Tel: 03444 772020 (Monday to Friday 10am to 4pm) Haverfordwest CAB Tel: 01437 763242 Website: www.citizensadvice.org.uk New local advice line March 2020 Tel: 01437 806070 (Tues & Thurs 10am-5pm) (Weds 10am – 5.30pm)</p>	<p>Haverfordwest CAB Thursday and Friday 9am to 4pm for appointment only. Monday 10am to 12 noon and 1pm to 3pm Tuesday 10am to 1pm Wednesday 10am to 1pm Pembroke Dock CAB Tuesday 9am to 4pm for appointment only. Provides general housing advice, improving current housing conditions, welfare benefits, debt and financial health checks. Providing information and advice. Profile services, volunteering information and campaigns. Helps people resolve their money, legal and other problems by providing information and advice. Profile, services, volunteering information and campaigns.</p>



	SA65 9HE MeddygfaWdig Main Street Goodwick SA64 0BN		
CLIC (Hafal)	Hafal Head Office Unit B3 Lakeside Technology Park Phoenix Way Llansamlet Swansea SA7 9FE	Tel: 01792 816600 Email: David.vice@hafal.org Email: Jacki.chard@hafal.org Website: Hafal.org/clic	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
Community Connectors	36-38 High Street Haverfordwest SA61 2DA	Tel: 01437 769422 Email: communityconnectors@pavs.org.uk Website: www.pavs.org.uk	Improving connections for people in Pembrokeshire. Supporting you to live well day to day. Connecting you to information, local services and activities. A free confidential service for anyone in Pembrokeshire. WE can support you to take positive steps to improve your health and well being, increase your social interaction and help you



			<p>enjoy a more independent life within your community.</p> <p>Through having meaningful conversations and a one to one person centred service, we can provide information on local activities, services and groups to suit your individual interests and widen your social network.</p>
Community Drug and Alcohol Team (CDAT)	Haven Way Fort Road Pembroke Dock SA72 6SX	<p>Tel: 01646 690327</p> <p>Email: substancemisuse@pembrokeshire.gov.uk</p>	<p>Monday to Friday 9am to 5pm.</p> <p>Consultation assessment, care coordination, substitute prescribing, community detox, access to inpatient detox and residential rehabilitation. Structured support, care planned treatment and carers assessments.</p>
Community Mental Health Service (CMHS)	Bro Cerwyn Centre Fishguard Road Haverfordwest SA61 2PZ	<p>Tel: 01437 773157</p> <p>Tel: 01437 762935 for referrals to the CMHS.</p>	<p>Monday to Friday 9am to 5pm.</p> <p>Community Mental Health Service.</p>
Crossroads		Tel: 01437 764639	Provides respite care for carers.
Cruse Bereavement Care	PO Box 34 Haverfordwest SA61 1YS	<p>Tel: 0800 288 4700</p> <p>Email: westwales@cruse.org.uk</p> <p>Website: www.cruse.org.uk</p>	<p>Leading National Charity for bereaved people.</p> <p>Vision is that all bereaved people have somewhere to turn when someone dies.</p> <p>Free and confidential services provided by trained volunteers.</p>



<p>Cyfle Cymru</p>	<p>.</p>	<p>Tel: 01267 231634</p> <p>Email: ask@cyflecymru.com</p> <p>Website: www.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: Those aged 16 to 24 and not in employment, education and training. Those aged 25 or over and long term unemployed or economically inactive.</p>
<p>Dementia Support Groups</p>		<p>Tel: 01646 692329</p>	<p>Support for carers.</p>
<p>DEWIS (Centre for Independent Living – CIL)</p>	<p>Suite 3B Cedar Court Haven's Head Business Park Milford Haven SA73 3LS</p>	<p>Tel: 01646 629123</p> <p>Email: advocacy@dewiscil.org.uk</p> <p>Website: www.dewiscil.org.uk/advocay</p>	<p>Generic Advocacy Service for Pembrokeshire.</p> <p>Service can be accessed free of charge if over 18 years, live in Pembrokeshire, have a learning disability, physical disability, a sensory impairment, you are a carer, you are a vulnerable adult due to age, health condition or assessed need including autism, ASD, dementia, mental health issues and an acquired brain injury. Persons must be in receipt of Social Services in Pembrokeshire or eligible to receive a service under the Fair Access to Care (FACS) criteria that priorities eligibility for care and support within the NHS and Community Care Act.</p>
<p>Dezza's Cabin</p>	<p>Drop-in Centre at 17A High Street, Haverfordwest</p>	<p>Facebook: https://www.facebook.com/groups/dezascabin/?epa=SEARCH_BOX</p>	<p>Parent and Toddler Group at Monkton Community Centre on a Friday</p> <p>Drop in open 9.00am – 4.30 pm Monday – Saturday, chat about mental health to our staff and we will help find the appropriate</p>



			support you need.
Dyfed Drug and Alcohol Service (DDAS)	First Floor Allied House Ebenezer Row Haverfordwest SA61 2JP	Tel: 0808 808 2234	<p>An all in one substance misuse service for Pembrokeshire.</p> <p>DDAS provides services to:</p> <ul style="list-style-type: none">• Drug and alcohol users including those on the criminal justice system.• The families, partners, carers and friends of drug and alcohol users.• Professionals from organisations such as GPs and their surgery staff, probation workers, social workers, hospital staff, police and staff employed in housing support services and other social care organisations. <p>DDAS is a single point of contact telephone line and email address for referrals and advice.</p> <p>DDAS offers the following support and interventions for adults with substance misuse issues: Engagement, Treatment, Recovery Service, Criminal Justice Services, Service User Involvement, Family and Carer Support, Training and Professional Advice and Partnership Working.</p>
Elliotts Hill	Crowhill Road Haverfordwest SA62 6HT	Tel: 01437 764720 Email: info@elliottshill.com Website: www.elliottshill.co.uk	<p>Monday to Friday 8.30am to 6.30pm and Saturday 9am to 1pm.</p> <p>Assisted living facility in Camrose.</p> <p>Supported living, community outreach, learner centre, residential care home, supporting people with complex needs, short breaks.</p> <p>Phone or email for referral form. Residential Private Care Home.</p>



<p>Fishguard and Goodwick Dial a Ride</p>		<p>For enquiries and booking: Tel: 0800 7831584</p> <p>Open during office hours Monday to Thursday.</p> <p>The Booking Line is closed on Saturdays for last minute cancellations or changes to Saturday journeys, please call The Green Dragon Bus directly on: Tel: 0845 6860242</p>	<p>Running on Thursdays and Saturdays from 9.30am to 4.30pm. Ride free with your concessionary travel pass or pay a fare if you have not got a pass. Anyone who is unable to access public transport can use this service, for any reason.</p> <p>Book your journey by calling free phone 0800 7831584 up to a week in advance. Bookings must be made by 12 noon on the day before you want to travel. We will pick you up from your door at the agreed time. We use wheelchair accessible vehicles and our driver can give passengers assistance.</p> <p>There is no set route or timetable, we can pick you up anywhere in Town Centre, Lower Town Penyraber, Scleddau, Stop and Call, Dyffryn, Maesgwynne, Manorowen and Harbour Village.</p>
<p>Fishguard Friday Flyer</p>		<p>For enquiries and booking: Tel: 0845 6860242</p>	<p>Running on Fridays between 9am and 4.30pm.</p> <p>Also serves Mathry, Strumble Head, Letterson, Dinas and Trecwn areas.</p>
<p>Forces Line</p>		<p>Tel: 0800 7314880</p> <p>Website: www.forcesline.org.uk</p>	<p>Monday to Friday 10.30am to 7.30pm.</p> <p>Free confidential help for individuals who have served in the forces and their friends and family.</p>
<p>FRAME (Blue Sky)</p>	<p>Old Hakin Road Merlin's Bridge Haverfordwest SA61 1XF</p>	<p>Tel: 01437 779442</p> <p>Email: info@frameltd.co.uk</p> <p>Website: www.pembrokeshire-frame.org.uk</p>	<p>Monday to Friday 9am to 4pm and Saturday 10am to 1pm.</p> <p>Phone or call in.</p> <p>Provides therapeutic training within all aspects of horticulture.</p> <p>Provides work and training opportunities for people with</p>



			<p>disabilities in shops warehouses, distribution, workshops and administration. FRAME provides around 80 people a week with the opportunity to practice work and train in new skills.</p>
Get the Boys a Lift	7a Dew Street Haverfordwest Pembrokeshire	Website: www.gettheboysalift.co.uk	Drop-in centre
Gwalia	The Bridge St Lawrence Hill Hakin Milford Haven SA73 3LE	<p>Tel: 01646 698820</p> <p>Email: Annette.brenchley@gwalia.com</p>	<p>Monday to Friday 9am to 5pm. Although can be flexible to meet needs.</p> <p>Specialist floating support schemes for domestic abuse, young persons and ex-offenders.</p> <p>Referrals for domestic abuse scheme can be made from any statutory or voluntary agency or self referrals.</p> <p>Referrals for young people can be self referrals or from social services and housing.</p> <p>Referrals for ex-offenders scheme via Wales Probation Trust or Prison Link Cymru.</p> <p>Pre tenancy support, resettlement and tenancy sustainability. Through each stage service users are supported and empowered to overcome the barriers that prevent progression, thus allowing them to achieve safe, socially inclusive and independent lifestyles.</p>
Hafal Crossroads	Crossroads House 37 Merlin's Hill Haverfordwest SA61 1PE	<p>Tel: 01437 764639</p> <p>Email: crossroads@hafal.org</p> <p>Website: www.hafal.org/crossroads</p>	<p>A member-led charity working to improve the lives of unpaid carers by giving them time to have a break away from their caring responsibilities.</p> <p>Our core service is the provision of replacement care in the home, delivered by trained carer support workers to give unpaid carers a</p>



			break.
Hafal Pembrokeshire Family Support		<p>Tel: 0796 6876 108</p> <p>Email: frances.wray@hafal.org</p>	<p>Provides one to one support, a telephone helpline and group support for carers of people with serious mental illness. Services include emotional support, practical advice and signposting to other services</p> <p>Referral: Carers can self refer and also via CMHT and GP</p>
Hafal Supporting People		<p>Email: pembscommunity@hafal.org</p> <p>Website: www.hafal.org.uk</p>	<p>Hafal provides support that is flexible enough to meet the needs of each individual to enable them to maintain their tenancies, preventing homelessness and admission to hospital.</p> <p>Referral from the CMHT only</p>
Hafal Tenby Resource Initiative	<p>St Asaph Trafalgar Road Tenby</p>	<p>Tel: 01834 844 177</p> <p>Email: tri@hafal.org</p>	<p>The project provides information about Hafal services in the area that can help problem solve and gives access to advice and mutual support groups. Training sessions are organised at Tenby Resource Initiative and in outreach groups.</p> <p>Referral: Carers, CMHT, GP. Primary Care Team or self referral</p>
Hafan Cymru	<p>3 Corner House Haverfordwest SA61 1BW</p> <p>8 High Street Haverfordwest SA61 2DA</p>	<p>Tel: 01437 769564</p> <p>Email: enquiries@hafancymru.co.uk</p> <p>Tel: 01437 768671</p> <p>Website: www.hafancymru.co.uk</p>	<p>Accessible 24 hours for refuge referral and emergencies. Staff available in the refuge during office hours.</p> <p>Housing and support for women and children who have experienced domestic abuse.</p> <p>Self referral, friends, family members, agency or support worker via telephone.</p>
Havenhurst Unit	<p>Sandhurst Road Milford Haven</p>	<p>Tel: 01646 692118</p>	<p>Staffed 24 hours.</p> <p>Residential, respite and day care for older service users.</p>



	SA73 3JU		Referral via telephone.
Haverfordwest Carers Support Group		Tel: 01437 773219	Carers support.
HEADWAY	Merlin's Court Winch Lane Haverfordwest SA61 2ET	Tel: 07958 105596 Tel: 01646 622977 or Tel: 02921921813 Email: Headwaypembrokeshire@hotmail.co.uk Website: www.headway.org.uk	Support group for people with head injuries and their carers. Meetings monthly on 2 nd Thursday of each month in Pembrokeshire MIND between 6.30pm and 8.30pm. A lively branch of brain injury survivors and family carers. Our aim is to promote awareness and understanding of all aspects of brain injury and provide information, support and services to survivors, their families and carers. In addition Headway will campaign to reduce the incidence of brain injury.
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.
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 now.
Infoengine		Website: www.en.infoengine.cymru	<p>Infoengine is the directory of third sector services in Wales.</p> <p>Infoengine highlights a wide variety of excellent voluntary and community services that are able to provide information and support so that you can make an informed choice.</p> <p>Infoengine is provided by Third Sector Support Wales, a partnership of County Voluntary Councils and Wales Action for Voluntary Action.</p> <p>Voluntary service at your fingertips. Thousands of services registered. Access on the go via mobile and tablet. Services regularly updated.</p> <p>Your service can be registered for free.</p>
Jobcentre Plus	16-20 Quay Street Haverfordwest SA61 1BH	Tel: 0345 6043719 Minicom: 08456088551	Combined jobsearch and benefits service for people of working age. Personal advisers assist with jobsearch activities and benefits claims. Access to Jobpoint terminals for information on job vacancies. Part of the Department for Work and Pensions.
Key Steps	Pembrokeshire FRAME Merlins Bridge Haverfordwest SA61 1JF	Tel: 01437 779442 Email: pauljones@frameltd.co.uk	<p>Monday to Friday 9am to 4pm and Saturday 10am to 1pm.</p> <p>Supporting people in training, voluntary work and paid employment. Deliver training to develop skills or introduce new ones. Offer support in the workplace environments. Improve confidence and independence.</p> <p>Help with understanding and completing benefits applications and other forms. Aid in CV writing, job searches and applications. Offer advice, guidance and support.</p>
Local Primary Mental Health Support Service		Tel: 01437 834429	The LPMHSS is a service for people with common mild to moderate mental health problems such as anxiety, depression and/or stress.



(LPMHSS)			<p>The service is delivered in the community and can only be accessed by a GP referral, or through a stress control course which is accessed by self referral.</p> <p>We offer a variety of services including mental health assessment and advice, support and signposting to other relevant services, stress management course and a range of psychological interventions.</p>
Meic		<p>Tel: 08088 023456</p> <p>Website: https://www.meiccymru.org</p>	<p>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.</p>
Mental Health Carers Support Group		<p>Tel: 01348 881320</p> <p>Tel: 01646 687113 or</p> <p>Tel: 01646 697268</p>	<p>Support for carers of people with mental health problems.</p>
Milford Haven Support Group		<p>Tel: 01646 699257</p>	<p>Support for carers of elderly people with mental health problems.</p>
Milford House Centre	<p>Dartmouth Street Milford Haven SA73 2AH</p>	<p>Tel: 01646 698197</p> <p>Website: www.carehome.co.uk</p>	<p>Staffed Monday to Friday 9am to 5pm.</p> <p>Supported accommodation for adults.</p> <p>Referral only through assessment with Community Mental Health Service.</p>
Mind Pembrokeshire	<p>2 Perrots Road Haverfordwest</p>	<p>Office: Tel: 01437 769982</p>	<p>Monday 10am to 1pm Tuesday 10am to 1pm</p>



	SA61 2HD	<p>Email: hello@mindpembroekshire.org.uk</p> <p>Website: www.pembrokeshiremind.org.uk</p>	<p>Wednesday 10am to 5pm Thursday 10am to 4pm Friday 10am to 1pm Saturday 10am to 1pm Sunday 10am to 1pm</p> <p>Drop in centre for people with mental health problems. Befriending, carers support, food in mind, information, music in mind, resource centre, specialist library and supported housing.</p>
Mindful Future		<p>Email: Jo.swift@mindfulfuture.wales</p>	<p>Free 8 week course funded by Wales National Lottery Awards for All. Accredited by Breathworks.</p> <p>Learn how to deal with stressful situations by coming back to what is happening right now.</p> <p>Change your relationships towards stress and problems in your life.</p> <p>We will come to a venue of your choice to run an introductory taster session where participants can sign up for the free 8 week course.</p>
National Debtline		<p>Tel: 0808 8084000</p> <p>Website: www.nationaldebtline.co.uk</p>	<p>Free confidential money advice and debt advice via self referral via telephone line.</p> <p>Monday to Friday 9am to 9pm and Saturday 9.30am to 1pm.</p>
NHS Direct Wales		<p>0845 46 47</p> <p>Website: www.nhsdirect.wales.nhs.uk</p> <p>You can look for your nearest doctor or dentist, or look up things like cancer, asthma or pregnancy.</p>	<p>NHS Direct Wales is part of the National Health Service.</p> <p>We are a telephone helpline.</p> <p>You can ring us for advice if you are not feeling well, or for information on any health problem you have.</p> <p>You might ring NHS Direct if:</p>



			<p>When you are not sure if you need to see your doctor or if you just need advice to look after yourself at home.</p> <p>When you want to know more about an illness that you have.</p> <p>When you have a question about your health or about a member of your family's health.</p>
Parkinson's Carers Support		<p>Tel: 0844 2253716</p> <p>Website: www.parkinsons.org.uk</p>	<p>Support for carers and people who have Parkinson's disease.</p>
PATH (Pembrokeshire Action for The Homeless)	<p>1 Corner House Barn Street Haverfordwest SA61 1BW</p>	<p>Tel: 0800 7835001</p> <p>Tel: 01437 765335</p> <p>Email: path@pembrokeshirecaresociety.org.uk</p> <p>Website: www.pembrokeshirecaresociety.co.uk</p>	<p>Staffed Monday, Tuesday, Thursday and Friday 10am to 4pm and Wednesday 10am to 3pm.</p> <p>PATH provides people who are at risk of homelessness with advice, assistance and advocacy to enable them to secure safe and affordable accommodation. They offer a range of services that can help people secure and/or maintain a tenancy, including resettlement packages, debt advice, crisis intervention, starter packs for rough sleepers or new tenants, band schemes, travel warrant schemes and more.</p> <p>Referral drop in or ring for an appointment.</p>
Pembrokeshire College	<p>Haverfordwest Pembrokeshire SA61 1SZ</p>	<p>Tel: 01437 753000</p> <p>Email: admissions@pembrokeshire.ac.uk</p> <p>Application form on line: www.pembroekshire.ac.uk/onlineform/enro</p>	<p>The county's largest provider of a wide range of post-16 education and training. Courses for young people and adults – A levels, apprenticeships, degrees, part time and evening classes.</p> <p>College open term times.</p>



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Pembrokeshire Association of Community Transport Organisations		<p>Tel: 0800 7831584</p> <p>Email: debbie@pacto.org.uk</p> <p>Website: www.pacto.org.uk</p>	<p>Pembrokeshire's Community Transport services help people and groups who don't have access to their own transport and who don't have or can't use conventional public transport services. A combination of vehicles is available.</p> <p>Opening hours: 9am to 5pm Monday to Friday (not bank holidays or weekends).</p>
Pembrokeshire Association of Voluntary Services (PAVS)	36-38 High Street Haverfordwest SA61 2DA	<p>Tel: 01437 769422</p> <p>Email: enquiries@pavs.org.uk</p> <p>Website: www.pavs.org.uk</p>	<p>Monday to Thursday 9am to 4.30pm and Friday 9am to 4pm.</p> <p>Voluntary services providing support, information and advice, volunteering opportunities, personal development, careers and education.</p>
Pembrokeshire Carers Support		<p>Tel: 01834 844177</p> <p>Mob: 07966 876108</p>	<p>Support worker for carers.</p>
Pembrokeshire Counselling Service		<p>Tel: 01437 768708</p> <p>Email: contact@pembrokeshirecounsellingservice.org</p> <p>Website: www.pembrokeshirecounsellingservice.org</p>	<p>It is a confidential counselling service available to anyone over the age of 16 years throughout Pembrokeshire.</p> <p>Our counsellors all have appropriate training and receive regular supervision.</p> <p>No fees are charged but donations are valued and necessary to support our charitable organisation.</p> <p>Suitable venues are located across Pembrokeshire and you can be seen by counsellors for up to 6 sessions.</p> <p>To discuss whether we are the right service to help you leave your</p>



			details on our answer phone or send us your information via our web site or by email and an experienced counsellor will contact you within a few working days
Pembrokeshire Country Cars		<p>Tel: 01646 699108</p> <p>Website: www.pacto.org.uk</p>	<p>Royal Voluntary Service Country Cars provides transport for journeys for people who cannot get there any other way. The scheme uses volunteer drivers who use their own cars. Please give as much notice as possible before the day when transport is required.</p> <p>Opening hours: 9am to 5pm Monday to Friday (not bank holidays or weekends).</p>
Pembrokeshire County Council – Homelessness prevention and advice team	<p>County Hall Haverfordwest SA61 1TP</p>	<p>Tel: 01437 764551 Out of hours emergencies :</p> <p>Tel: 0845 6015522</p> <p>Email: Hp&ateam@pembrokeshire.gov.uk</p> <p>Website: www.pembrokeshire.gov.uk</p>	<p>Monday to Friday 10am to 4pm. Phone, call in, make and appointment or write.</p> <p>Assessment of entitlement to housing for people who are threatened with homelessness.</p> <p>Housing provided for people considered in priority need of housing. Temporary accommodation may be available, while enquiries are made about eligibility.</p> <p>Housing advice and information for private and council tenants and homeless people.</p>
Pembrokeshire Money in Mind	<p>Citizens Advice Pembrokeshire County Office 43 Cartlett Haverfordwest SA61 2LH</p>	<p>Adviceline 0344 477 2020</p> <p>Email: outreach@pembscab.org</p>	<p>Caseworker service to clients with mental health issues or learning disabilities particularly relating to the areas of debt and welfare benefits.</p>
Pembrokeshire	<p>Portcullis House</p>	<p>Tel: 01437 769135</p>	<p>Monday to Friday 9am to 4pm.</p>



<p>People First (PPF)</p>	<p>Old Hakin Road Haverfordwest SA61 1XE</p>	<p>Email: Karen@pembrokeshirepeople1st.org.uk Website: www.pembrokeshirepeople1st.org.uk</p>	<p>Non profit organisation. Independent charity run by and for adults with learning disabilities and/or autism. Member led projects – PPF runs training, consultations and audits for organisations, businesses and the statutory sector. Training is delivered by our members who are experts by experience. They are fully trained and what they deliver is impacting eg Learning Disability awareness, Advocacy in Your Work, Equality and Diversity, Values and Attitudes, Autism awareness and What good support looks like. PPF can also develop bespoke training needs that are fun, interactive and get results.</p> <p>We work across Wales and our fees are very reasonable.</p> <p>Experienced in consulting with people with different needs and communication styles and use a mix of games, drama and other tools to find out what you Need to know.</p> <p>We can train your members, staff and volunteers.</p> <p>There is also Easy Read where we can turn your leaflets, booklets and documents into an accessible format. We do this together with a group of members, who understand how different things can be to understand and how to make it easier.</p> <p>Support, advice and training for adults for adults with learning difficulties.</p> <p>Anyone can make a referral for any of the projects or drop in and chat to one of the members.</p>
<p>Pembrokeshire</p>	<p>County Hall</p>	<p>Tel: 01437 764551</p>	<p>Monday to Friday 9am to 5pm.</p>



Social Services	Haverfordwest SA61 1TP	Hospital based services : Tel: 01437 773259 Out of hours emergencies: Tel: 087708 509508 Website: www.pembrokeshire.gov.uk	Range of social services for children and families, older people, people with disabilities, learning difficulties and mental health problems through specialist teams.
Pembrokeshire Women's Aid (Refuge)	PO Box 201 Haverfordwest SA61 1BF	Tel: 01437 769564 24 hour telephone service. Website: www.welshwomensaid.org.uk	Non profit organisation. Open 24 hours, 7 days a week. Safe accommodation, information and support for women and children suffering with domestic abuse. Provides counselling and advice.
R.A.B.I		Confidential helpline: 0808 2819490 Email: grants@rabi.org.uk	
Reconnect In Nature	The Haven Llandysillio Clunderwen SA66 7UR	Email: reconnectcymru@gmail.com Website: Reconnectinnature.org.uk	Reconnect in Nature is a free 5 week course in the Summer aimed at improving people's mental health, wellbeing and confidence. Come and join us in Withybush Woods and come and see how nature has a positive impact on our wellbeing. Meet new friends in a supportive Environment. Learn camp craft skills. Engage in nature awareness through nature art and nature



			<p>writing. Enjoy in the peace of the woods. And have fun outdoors.</p> <p>Throughout the course we will explore the theme of Summer and as a group we will focus on something different each week such as nature art or camp craft skills.</p> <p>Most of all it will be a space where everyone feels comfortable and tune into their surroundings.</p>
SAMARITANS	1 Albert Street Haverfordwest SA61 1BG	<p>Tel: 116 123 - free to call</p> <p>Tel: 0808 164 0123 – free to call (Welsh language line)</p> <p>Email: jo@samaritans.org</p> <p>Website: www.samaritans.org</p>	<p>Talk to us any time you like, in your own way – about whatever is getting to you.</p> <p>Telephone helpline operating emotional support for anyone in crisis. Offers a listening and befriending service to people who are isolated, feel in despair or who are suicidal. Open for drop in visits.</p> <p>National local rate number can also put callers through without a delay to their nearest unengaged branch.</p>
Shelter Cymru	43 Cartlett Haverfordwest SA61 2LH	<p>Telephone advice: 034507555005 Monday to Friday 9.30am to 4.30pm.</p> <p>Tel: 01437 763242</p> <p>Website: www.sheltercymru.org.uk</p>	<p>Provides general housing advice.</p> <p>Non profit organisation. People and homes charity in Wales – to ensure everyone in Wales has a decent home.</p> <p>Offers free and confidential and independent advice. Provides information, advice and support to help people identify their best options.</p>
Shelter Cymru		Tel: 01554 899371	Networking event at Queens Hall in Narbeth every Wednesday



<p>Cyngor 50+ Advice Project</p>		<p>Email: fiftyplus@sheltercymru.org.uk</p>	<p>morning.</p> <p>Advice for 50+ project funded by The Big Lottery Fund.</p> <p>The project can assist anyone over 50 in Pembs and Carms with a housing or housing related issues by helping people address issues before they reach crisis point. Help with issues eg rent arrears, mortgage arrears, debt management and the effect of the welfare reform with the change from DLA to PIP payments and assisting in appeal decisions.</p> <p>Can provide financial health checks with SU's and see if savings can be made and ensure they receive all other benefits and support they are entitled to with specialist advisors from the project.</p>
<p>Stop Smoking Service</p>	<p>Mind Pembrokeshire The Old Wool Market Quay Street Haverfordwest SA61 1BG</p>	<p>Tel: 01437 769982</p> <p>Email: stopsmokingpembsmind@hotmail.com</p>	<p>If you are serious about giving up smoking Mind in Pembrokeshire is offering a free Stop Smoking Service to people who face mental health problems.</p> <p>Join the service and give up smoking in a safe and friendly environment with one to one sessions.</p> <p>Please contact a Staff Member for a Referral Form if you are interested or contact the email address or phone number.</p>
<p>Stress Control Courses</p>		<p>Tel: 01437 834429</p> <p>Email: Stresscontrol.pembs.hdd@wales.nhs.uk</p>	<p>Stress control is a four session course. It is for people who want to learn better ways to get on top of their problems such as depression, anxiety, panic, poor sleep and low self confidence.</p> <p>Stress control is a class and not a group therapy so you don't have to talk about your problems. You can just turn up, sit back and learn some great ways to control stress.</p> <p>Stress is common, therefore there may be lots of people in the</p>



<p>Supporting People and Pets through Opportunity and Training (SPPOT)</p>	<p>36-38 High Street Haverfordwest SA61 2DA</p>	<p>Tel: 01437 767648 Mob: 07962 220625 Email: sppotdog@gmail.com</p>	<p>group. Social enterprise based in Haverfordwest which aims to bring the needs of people together with the needs of dogs, through the provision of quality driven training, volunteering opportunities, services and events.</p>
<p>The Biscuit Fund</p>		<p>Email: info@biscuitfund.org Website www.biscuitfund.org</p>	<p>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</p>
<p>The DPJ Foundation</p>		<p>Confidential helpline: 0800 587 4262 Text: 07860 048799 Email: contact@thedpjfoundation.com Website: www.thedpjfoundation.com</p>	<p>We support people in rural communities with poor mental health, especially men in the agricultural sector.</p>
<p>The Expert Patient Programme (EPP) and Looking After Me Programme (LAM)</p>		<p>Tel: 01554 744492 Website: www.eppwales.org</p>	<p>Courses run by the Expert Patient Programme Wales led by trained tutors who themselves have past experience of long term health conditions or being in a caring role. The courses look at relaxation techniques, exercise, healthy eating, communicating and planning for the future.</p>
<p>The National Exercise Referral Scheme</p>		<p>Tel: 029 20468600 Email: enquiry@wlga.gov.uk</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</p>



(NERS)		Website: www.wlga.wales/ners-mental-health	co-ordinated by Welsh Local Government Association (WLGA). NERS is an evidence-based high intervention incorporating physical and behavioural change techniques to support referred clients to make lifestyle changes to improve their health and wellbeing. The aims are to : Offer high quality NERS across Wales To increase the long term adherence of clients to physical activity. To improve the physical and mental health of clients. To determine the effectiveness of the intervention in increasing clients activity levels and improving their health. The guidance supports a partnership approach between the CMHT and NERS. Safe community-based exercise opportunities suitable to meet the needs of clients with enduring mental health problems.
Tir Dewi		Confidential helpline: 0800 121 4722 Tel: 01348 837600 Email: mail@tirdewi.co.uk Website: www.tirdewi.co.uk	A freephone helpline and on-farm support service for farmers.
Traveline Cymru		Tel: 0800 4640000 Email: feedback@traveline.cymru Website: www.traveline.cymru	Funded by the Welsh Government, we work in partnership with operators and local authorities to provide public transport information across Wales for bus, coach and train, as well as walking and cycling routes. We offer a one-stop-shop for travel information, where you can find all the journey information you'll need in one place, in a few simple steps. Opening hours: 7am to 8pm daily (limited service on Christmas



			Eve, Christmas Day, Boxing Day, New Year's Eve and New Year's Day).
Ubiquitous Pembrokeshire Carers		Tel: 01348 874815	Support for all carers in Pembrokeshire.
VC Gallery	<p>30 High Street Haverfordwest SA61 2DA</p> <p>26 Bridge Street Haverfordwest SA61 2AD</p> <p>20 Dimond Street Pembroke Dock SA72 6AH</p>	<p>Tel: 01437 765873</p> <p>Email: admin@thevcgallery.com</p> <p>Website: www.thevcgallery.com</p> <p>Tel: 01646 685688</p>	<p>Aiming to increase community cohesion and tackle social isolation by connecting people. Through the VC Gallery, we work to create meaningful engagement, combat and support poor mental health and social care amongst the Veteran and local communities. We offer a positive support network, a creative space to help people re-connect through art, workshops, local events and opportunities within the area. We provide a diverse support network to empower and help develop a united, positive and safe environment. We provide weekly art sessions, outreach workshops within schools, memory cafes, retirement homes and for third sector organisations.</p> <p>We offer a breakfast club once a week and help with housing issues, benefit problems and employment support</p> <p>We have excellent referral pathways with national organisations and our Local Authority, keeping a close connection with the individual we work with a holistic approach to achieve the best outcome at all times.</p> <p>Our expertise is offering a vibrant, creative space where people can socialise and express themselves.</p>
Veterans Gateway		<p>Tel: 0808 802 1212</p> <p>Email: Support.veteransgateway.org.uk</p> <p>Website: www.veteransgateway.org.uk</p>	<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		Email: help@veteranslegal.co.uk	Assists veterans and their families in receiving free legal advice.



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



			Wales and links to other helpful websites. Referrals can also be made via this route.
Veterans Legal Link		Email: help@veteranslegal.co.uk Website: www.veteranslegallink.org	Assists veterans and their families in receiving free legal advice.
Welsh Ambulance Service Trust Non-emergency Patient Contact Centre		Tel: 0300 123 2303	Patients registered with a Pembrokeshire GP practice can contact this number for booking hospital transport. Please note you must give 48 hours' notice for booking in advance of the day of travel. 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).