



Ceredigion Mental Health Directory

Listed Alphabetically

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
admin@wwamh.org.uk

Last Edited 18.09.2026



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PLEASE NOTE:

Mental Health Support Organisations listed **alphabetically** including contact information and description of service.

(More detailed information may be found on our WWAMH Online Searchable Directory on our website)

For websites covering Wellbeing, please visit: www.dewis.wales and www.en.infoengine.cymru

Organisation	Telephone/Email/Website	Service Provided
111 press 2 – Mental Health Support Line	Telephone: 111 press 2 for Mental Health	A single point of contact for well-being and mental health for people living in Carmarthenshire, Ceredigion and Pembrokeshire. Available 24/7. Calls are redirected to a mental health practitioner in your local area for support and advice.
3CIPA – Three County Independent Professional Advocacy	Tel: 0800 2061387 Email: info@cipawales.org.uk Website: www.cipawales.org.uk	Independent advocacy for adults who have needs for social care and support, or their Carers, including those requesting care and support assessment, care planning and review, safeguarding and complaints. A service providing independent professional advocacy in Welsh and English.
Adferiad Services in Ceredigion	Tel: 01970 629897 Email: ceredigionsanctuary@adferiad.org Website: www.adferiad.org Tel: 01792 816600 Email: info@adferiad.org Website: www.adferiad.org/cym/services/cyfarfod/	Adferiad Ceredigion Sanctuary Service The Sanctuary is an out-of-hours service that provides practical and therapeutic, holistic person-centred support to people at risk of mental health crisis in Ceredigion. Supports adults 18+. Open Thursday – Sunday 5pm – 2am. . Adferiad Domiciliary Service The service is a Domiciliary Service (Previously Queen Street), providing support to the client group to live independently in the community. Cyfarfod Managed by Adferiad Befriending Scheme: available to those suffering from serious mental illness; provides respite for their carers. The service operates all over Ceredigion and tries to reduce the experience of isolation and promote recovery among individuals experiencing mental health problems.



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Cyfle Cymru	Tel: 0300 777 2256 Email: ask@cyflecymru.com Website: www.adferiad.org/services/cyfle-cymru/	Cyfle Cymru is an Out-of-Work peer mentoring service supporting people in recovery from substance use and/or mental health issues who would like to make positive changes to their lives. Our peer mentors draw on their lived experiences to support people with moving forward into training, education, volunteering and employment. Recently merged with Adferiad.
Advocacy West Wales/Eiriolaeth Gorllewin Cymru (AWW/EGC)	Freephone number: 0800 2061387 01267 231122 (Carmarthen) Email referrals@advocacywestwales.org.uk Email: imha@advocacywestwales.org.uk Website www.advocacywestwales.org.uk	AWW-EGC provides an all ages, free, confidential independent advocacy services to those within Ceredigion, Carmarthenshire and Pembrokeshire. Services available in Welsh and English. IMHA - Advocacy for those detained under the Mental Health Act or accessing treatment for their mental health within a hospital setting. Including those on section under the Mental Health Act while living within the community. Community - Advocacy those with mental health issues, carers and veterans. Providing support in accessing mental health services or supporting those who's mental health is impacting participation to engaging with other services. Drop-ins - AWW-EGC provides drop-in advocacy services across Carmarthenshire and Pembrokeshire. For more details, please contact the office LD & ASC - Within Pembrokeshire alone providing LD & ASC advocacy to those in the community ages 16 years plus.
Age Cymru Dyfed	Tel: 03333 447 874 Email: reception@agecymrudyfed.org.uk Website: www.agecymru.org.uk	Supporting individuals over 50 to maintain their independence and make the most of later life. We do this through a range of services across the three counties. HOPE Advocacy Service HOPE delivers advocacy support at a community level through a range of advocacy models. HOPE supports people to engage, participate, gain information, have their voices heard, be involved, understand their rights, make choices, share experiences, raise awareness of advocacy, and develop skills and knowledge. Befriending Life Links The aim of the project is to support people over the age of 50 who have



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		become socially isolated, withdrawn, have lost their confidence, or just have a low sense of well-being. The aim of the project is to support individuals to do the things they enjoy doing, Age Cymru Dyfed – 50+ Living at Home Supporting Independence / 50+ Byw Adref Cefnogi Annibyniaeth Bwy Adref - Support for people with Dementia, Parkinson and other illnesses that have cognitive degeneration or memory loss across Ceredigion. Supports those aged 50+ to continue to live independently in their own homes and communities with support with day-to-day domestic tasks This is a chargeable service. Please phone us to discuss your needs for support in and around your home. (Ceredigion only) Age Cymru Dyfed – Dementia and Cognitive Impairment Support Providing information and advice to those with dementia and their carers, covering welfare benefits, housing, energy, social care, community support and many other issues. (Ceredigion only) Veterans in View Provides practical support to older veterans throughout Dyfed including access to the range of welfare services delivered by the charity but also connecting to other charities and agencies who can assist older veterans. 'VIV' is delivered by two veterans welfare officers who are themselves both veterans of the Armed Forces. Help for Carers - Whether you need information and advice on financial support for carers such as Carer's Allowance or on your rights at work to juggle your caring role, our Information and Advice team is here for support within the region of Carmarthenshire, Ceredigion and Pembrokeshire. Age Cymru Dyfed – Digital Champions Age Cymru Dyfed have got dedicated Digital Champions on hand to support people 50+ to make the most of technology. Through free sessions delivered safely over the phone, we can guide you through the tasks that you want to achieve. Whether that be video calling family and friends, making an online
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		shop, or pursuing hobbies and interests, we are here to help. Simply give Age Cymru Dyfed a ring or email.
Alzheimer's Society	Tel: 0333 150 3456 Tel: 03300 947 400 (Welsh speaking) Website: www.alzheimers.org.uk	Care and research charity for people with dementia, their families and carers. The service is free to access, and they accept professional and self-referrals. They can offer one to one individualised support delivered by community-based Dementia Advisers.
Amethyst Project (Prosiect Amethyst)	Tel: 01239 615 952 Email: deri@smallworld.org.uk Website: www.smallworld.org.uk	Workshops for young people who have experienced issues around self-harm, anxiety, depression, low confidence and low self-esteem. Workshops also available for parents or guardians of young people that are struggling with the above issues. Small World Theatre has a new programme to help young people with caring responsibilities.
Area 43	Tel: 0800 0385778 / 01239 614566 Email: info@area43.co.uk Counselling Email: counselling@area43.co.uk Website: www.area43.co.uk Email: dyfodolni@area43.co.uk Email: s3@dyfodolni.co.uk Email: feelzonwheelz@dyfodolni.co.uk Website: https://www.dyfodolni.co.uk/	Area 43 provides information, support and training to young people aged 16-25 and counselling services to those aged 10-30. Offers counselling remotely, via Zoom, an online platform using text, audio or video link or over the phone. Dyfodol Ni is putting young people at the forefront in order to deliver mental health services and interventions for young people in Ceredigion. In partnership with Area 43 in Cardigan. Safe Space to Speak/ Safle Saft i Siarad (S3) , a representative group for young people separate from traditional power structures, which is youth led from the outset. S3's primary task will be to campaign for better services in support of young people's mental health and wellbeing. Feelz on Wheelz / Llyw a Byw is a mobile youth cafe where young people can drop-in have a cuppa and access trained Support Workers should they wish. The service will cater to 13-25 year olds, 5 days a week. The service is run bilingually, in Welsh and English
Arts Care Gofal Celf (ACGC)	Tel: 01267 243815 Email: info@acgc.co.uk Website: www.artscaregofalcelf.com	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.



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Arts 4 Wellbeing	Mob: 07496 879820 (Sara) Mob: 07967434090 (Mike) Email: Sara@Arts4Wellbeing.co.uk Email: Mike@Arts4Wellbeing.co.uk	Working with communities, organisations and individuals across West Wales to create social change and increase individual and community resilience through creativity and engagement. The group use the arts to inspire and motivate people; supporting health, wellbeing, connectivity and building resilience.
Autism Wellbeing CIC	Website: www.autismwellbeing.org.uk	Autism Wellbeing is a West Wales based social enterprise that provides support to autistic people and their families.
Barod & We are With You	Telephone: 03303 639997 Website: www.barod.cymru	We Are With You and Barod have launched an Over 50s Alcohol Helpline providing confidential support and advice to individuals aged over 50 worried about their drinking, and their concerned others. The helpline is also available for professionals supporting people aged over 50. Not on the phone, we Webchat service offers instant text-based help, 7-days a week.
BAWSO	Tel: 24 hr Helpline: 0800 7318147 Tel: 01792 642003 Email: swansea@bawso.org.uk Website: www.bawso.org.uk	BAWSO is an All-Wales accredited support provider delivering quality services to Black and Minority Ethnic (BME) communities. Victims and people affected or at risk of by Domestic Abuse and all forms of violence; including Female Genital Mutilation, Forced Marriage, Honour Based Violence and Human Trafficking. Specialist support is provided to people with complex needs through refuge, floating support, outreach and resettlement and interpretation services. BAWSO also provides support to people who have been trafficked, experiencing or at risk of forced marriage and Female Genital Mutilation.
Borth Family Centre	Mob: 0789 6616 857 Email: contact@borthcommunityhub.co.uk Website: www.borthcommunityhub.co.uk	Group offering social and creative activities for carers of people with memory loss and their cared for. The group meets on a Monday from 10am – 12pm



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Bro Myrddin Wellbeing Hwb (12-18 years)	Tel: 111 option 2	The Hwb is a safe place to come for young people between the ages of 12-18 years, experiencing emotional difficulties within their home. We know young people are doing their best and that life sometimes happens in a way that feels out of their control and unmanageable; or that sometimes you're trying really hard and need a bit of support to do the best you can. Sometimes having a bit of space away from the demands of your day to day life can help. The Hwb is a safe place for you to come when you are struggling to cope with strong feelings and emotions. Available to young people in Carmarthenshire, Pembrokeshire and Ceredigion. Self-refer by calling 111 option 2 Referrals from parents/carers via 111 option 2 Referrals from professionals involved in working with you already (teachers, youth workers, school/college counsellors) GP referrals using Specialist Child and Adolescent Mental Health Service (Single Point of Contact)
CAMFAN	Tel: 01570 421190 Website: www.codigroup.co.uk	Provides a 4-day drop-in and support service for clients with or recovering from mental distress in Lampeter.
CardiShed	Mob: 07910517514 (Matt Hatter Co-ordinator) Email: info@cardished.cymru Website: www.cardished.cymru	A volunteer run community project. Fully equipped machine shop, including wood turning, green woodwork and a community allotment



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Carers Information Service – Ceredigion	Tel 01545 570881 Tel: 01970 633564 Out of Hours (North) 01970 625277 Out of Hours (South) 01239 851604 Email: clic@ceredigion.gov.uk Website: www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-carers	Carers Information Service in Ceredigion. Search 'carers' via the website for all carer services and information.
Catalysts for Care	Tel: 01834 860965 Email: information@planed.org.uk Website: www.planed.org.uk	Supports people to set up their own care or support enterprise. The aim is to expand the choice of small, local care and support enterprises so that people can choose from a range of local, personal services that work for them.
Ceredigion Carers - Credu - Gofalwyr	Tel: 03330 143377 Website: www.credu.cymru/gofalwyr-ceredigion-carers/	Supporting unpaid Carers and families in Ceredigion, including supporting unpaid Young Carers and unpaid Adult Young Carers.
Ceredigion Young Carers and Young Adult Carers Service		One-to-one support for children and young people, aged 8 to 25, who have a caring role or responsibility. Young Carers Project Manager for Ceredigion Name: Vikki Phillips Tel: 07843643012 Email: vikki.booth@actionforchildren.org.uk Young Persons Worker for Ceredigion Name: Olivia Draper Jones Tel: 07545701336 Email: olivia.draper@actionforchildren.org.uk
CHATHealth	Text: Ceredigion - 07480 635948 Website: www.chathealth.nhs.uk	A text-based service to support young people aged 11-19. It allows young people to text a helpline and get confidential support from a team of qualified nurses. The service is confidential and anonymous and can support young people with a range of issues, from emotional health and wellbeing, including anxiety, anger, low mood and panic attacks, to relationships, self-harm, bullying, sexual health and alcohol, smoking and drugs.



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Citizens Advice Bureau – Cardigan & Aberystwyth	Tel: 01239 621974 Tel: 01970 612817 Text or WhatsApp 0778 236 1974 (msgs only) Email Office: enquiries@cabceredigion.org Email Advice: ask@cabceredigion.org Website: www.cabceredigion.org/	Cardigan & Aberystwyth: We provide free and confidential information, support, advice and specialist casework services to thousands of people every year. We help them increase their incomes, reduce household costs, manage debts, warm homes, secure legal justice, navigate eligibility to vital services and access crisis support. We also campaign, at local and national levels, to ensure that policy makers understand the problems people face and propose potential solutions. Details: Free, confidential and independent advice to anyone and everyone in Ceredigion, North Pembrokeshire and our border communities. Call us : our Telephone Advice Line is open every morning, Monday to Friday, from 9am - 11am 01239 621974 / 01970 612817 Drop-in to see us in person : our weekly advice sessions are open from 10am until 2pm on Mondays in Lampeter - Emmaus Christian Fellowship, 78 Bridge St SA48 7AB on Tuesdays in Aberystwyth - Football Club, Park Avenue SY23 1PG on Wednesdays in Cardigan - St Marys Old School Hall, Pont-y-Cleifion SA43 1DW Message or write to us : we'll reply within 2 working days (plus time in the post for letters) Email: ask@cabceredigion.org or gofyn@cabceredigion.org Messenger*: via Facebook Messenger available from our Facebook page (search @CeredigionCAB) Text: 07971 802 060 WhatsApp*: 07971 802 060 Write: CAB Ceredigion, PO Box 76, LAMPETER SA48 9BY (*we can't take voice or facetime calls)
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Codi (formerly Pobl)	Tel: 0330 175 9726 Email: info@codigroup.co.uk Website: http://codigroup.co.uk/	IMPORTANT NOTICE: Pobl have merged with Linc Cymru and have had a change of brand name to Codi Group. Specialist floating support schemes for domestic abuse, young persons and ex-offenders. Referrals for domestic abuse scheme can be made from any statutory or voluntary agency or self-referrals. Referrals for young people can be self-referrals or from social services and housing. Referrals for ex-offender's scheme via Wales Probation Trust or Prison Link Cymru. Pre tenancy support, resettlement and tenancy sustainability
Cruse Bereavement Support / Cruse Cymorth Galar	Tel: 0300 1111 003 Helpline: 0808 808 1677 Email: westwales@cruse.org.uk Website: www.cruse.org.uk	West Wales Cruse offers bereavement support to people of all ages no matter when the bereavement occurred. Free and confidential service by trained volunteers.
Cyfle Cymru	Tel: 0300 777 2256 Email: ask@cyflecymru.com Website: https://adferiad.org/services/cyfle-cymru/	Cyfle Cymru is an Out-of-Work peer mentoring service supporting people in recovery from substance use and/or mental health issues who would like to make positive changes to their lives. Our peer mentors draw on their lived experiences to support people with moving forward into training, education, volunteering and employment.
DDAS (Dyfed Drug & Alcohol Service)	Tel: 0330 3639997 <i>For information out of normal working hours please contact 0808 808 2234</i> Email: confidential@d-das.co.uk Website: www.barod.cymru/where-to-get-help/west-wales-services/ddas-dyfed-drug-and-alcohol-service/	Substance misuse service for West Wales. 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. The Spike on a Bike project is a service offered by Dyfed Drug and Alcohol Service (DDAS) where you can get clean injecting equipment and other harm reduction services delivered straight to your door
Diverse Cymru – BME Mental Health and Wellbeing Hub	Tel: 02920 368888 Email: info@diverse.cymru Website: www.diversecymru.org.uk	The Mental Health and Wellbeing Hub provides a recovery-based project for Black, Asian, and Minority Ethnic people living in West Wales who are affected by mental health.



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DPJ Foundation	Confidential helpline: 0800 587 4262 Text: 07984 169652 Help: 07860 048799 Email: Kate@thedpjfoundation.co.uk Website: www.thedpjfoundation.co.uk	We support people in rural communities with poor mental health, especially men in the agricultural sector. The service is confidential.
Dyfodol Ni	Email: dyfodolni@area43.co.uk Email: s3@dyfodolni.co.uk Email: feelzonwheelz@dyfodolni.co.uk Website: https://www.dyfodolni.co.uk/	Dyfodol Ni is putting young people at the forefront in order to deliver mental health services and interventions for young people in Ceredigion. In partnership with Area 43 in Cardigan. Safe Space to Speak/ Safle Saft i Siarad (S3), a representative group for young people separate from traditional power structures, which is youth led from the outset. S3's primary task will be to campaign for better services in support of young people's mental health and wellbeing. Feelz on Wheelz / Llyw a Byw is a mobile youth cafe where young people can drop-in have a cuppa and access trained Support Workers should they wish. Food and drink will be subsidised, however there is no obligation for young people to spend any money; the YPMC's long-term goal is to provide food and drink for free. The service will cater to 13-25 year olds, 5 days a week. The service is run bilingually, in Welsh and English.
Education Programmes for Patients Cymru (EPP)	Tel : 01554 899035 (Hywel Dda Communication Hub) Website : www.hduhb.nhs.wales/healthcare/services-and-teams/education-programmes-for-patients/	Courses run by the Education Programmes for Patients EPP) 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.



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Fighting with Pride -The LGBT+ Military Charity	Tel: 07704271389 Email: ruth.birch@fightingwithpride.org.uk Website: www.fightingwithpride.org.uk	Fighting With Pride (FWP) is a registered charity founded in January 2020. We are a lived-experience LGBT+ military charity, leading a campaign to support the health and wellbeing of LGBT+ Veterans, serving personnel and their families. We are here to raise awareness and the recognition of the need to support those impacted by the ban on LGBT+ military service before it was finally lifted in January 2000. We are working with UK Government and the devolved parliaments to provide better support to LGBT+ Veterans.
Gorwelion (North Ceredigion) CMHT and South Ceredigion CMHT	Telephone: 01970 615448 (North) 0300 3036136 (South) Website: www.hduhb.nhs.wales/healthcare/hospitals-and-centres/mental-health/	Opening Hours: Monday – Friday 9.00am – 5.00pm
HavHav	Tel: 01970 611550 Email: admin@hahav.org.uk Website: www.hahav.org.uk/	HavHav are a volunteer-led charity providing free support to people across Ceredigion who are living with an incurable or life-limiting illness. Our aim is to help you live your life to the full during the precious time you have left and to support your family and friends with the challenges they face now and, in the future.
Headway Ceredigion	Mobile: 01974 821301 Email: dolaubach@gmail.com Website: www.headwaysouthwestwales.org.uk	Headway Ceredigion is the local branch of the national charity Headway UK. It provides support to people who have experienced a brain injury, their family and carers.
HUTS	Tel: 01239 710377 Call & Chat 18+: 01239 710377 Email: info@hutsworkshop.org Website: www.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.
Integrated Autism Service – West Wales	Tel: 01267 283070 Email: westwalesias.hdd@wales.nhs.uk Website: www.autismwales.org/en/integrated-autism-service/west-wales/	Helping to improve the lives of autistic people and their families in West Wales. Self-Referral Forms available: https://autismwales.org/en/integrated-autism-service/west-wales/
Kinora	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.



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LiSS Listens – Living in Suicide’s Shadow	Email: liss.listens@gmail.com Website: www.lisslistens.org Facebook: https://www.facebook.com/LiSSlistens	A peer-to-peer support group for those who have been bereaved by suicide to speak about their experience and the person they have lost in. Meets monthly on the 1st Tuesday of the month, and also a monthly walk mid-month that rotates between the 3 counties for those bereaved by suicide and their families.
Llais Wales	Tel: 01646 697610 Email: westwalesenquiries@llaiscymru.org Website: www.llaiswales.org	Free, confidential, and independent advocacy service which can offer advice and support if you have a complaint about health or social care services. Llais seeks your views about the local health services and Social Care Services and uses this information to help us work with the Health Board and Social Care Service to monitor their services.
Marie Curie Bereavement Counselling	Telephone: 0800 0902309 Email: support@marie.curie.org.uk Website: www.mariecurie.org.uk	Bereavement Counselling Service. Call our Support Line for practical or clinical information and emotional support if you're living with or caring for someone who has a terminal illness, or have experienced a bereavement, whatever your situation. There is also an automated bereavement line 02920 426086 where people can leave a message and someone will reply asap.
meddwl.org	Email: gwefanmeddwl@gmail.com Website: www.meddwl.org	Mental health information and experiences in Welsh. Meddwl.org is a website providing a space to share and learn about different mental health conditions and to find support and information on where to obtain further assistance – all through the medium of Welsh. The website was launched in November 2016 and is run by a small group of volunteers. Research and individuals’ personal experiences have expressed that contemplating and discussing emotionally sensitive and complex issues such as mental health is a much easier, more natural and less frustrating experience when able to do so in their mother-tongue. For many Welsh speakers, doing so in English, regardless of fluency, can be extremely limiting and difficult. We are therefore glad to be able to fill the void in Wales by bringing any information already available in Welsh together in one central place and by expanding and strengthening these resources by attempting to fill any gaps in information. The website also provides a space for individuals to share their experiences and read about others’ experiences on the blogs’ page
Mencap Ceredigion	Email: mencapceredigion@outlook.com Website: www.mencap-ceredigion.co.uk	A branch of Mencap Cymru. Offer a wide range of social activities for adults 18+ with learning disabilities in Ceredigion, as well as support for family and carers.



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Men's Sheds Cymru	Tel: 0300 772 9626 Email: admin@ukmsa.org.uk Website: www.mensshedsymru.co.uk/	The Men's Sheds is a cooperative association wholly owned by its members with sites in Cardigan and Hermon. 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.
Men2Men	Mob: 07776 730690 (Jason Daniels) Mob: 07910517514 (Matt Hatter) Email: info@men2men.org.uk Website: www.men2men.org.uk/ceredigionshire	1:1 Support Session, ZOOM Sessions, Men's Sharing Circles, Woodland Therapy Activities, Walk/Talk/Photography Sessions, Angling, Bread Making, Men's Sheds Development, Men's Therapy Sessions. To make a referral phone, email or send contact form through our website.
MIND Aberystwyth	Tel: 01970 626225 Email: info@mindaberystwyth.org Website: www.mindaberystwyth.org	A safe and relaxing place for adults experiencing or recovering from any level of mental illness. The MIND centre provides support and advice, signposting and tenancy support, along with a range of activities. Carers, friends, family and supporters are all welcome. MIND Aberystwyth - Tenancy Support for Mental Health Our Tenancy Support service provides one-to-one support for individuals with tenancy-based needs in North Ceredigion. Our support is short term and specifically focuses on helping people to live independently in their own home. For any further information, please contact the Mind Office or please attend one of our information drop-in services throughout Aberystwyth for some advice around this. <u>No referral needed</u> Mind Aberystwyth – Wellbeing Support Service We offer a Wellbeing Service which consists of 8 sessions with a support worker. These sessions aim to manage and improve your mental health and wellbeing. These can be delivered remotely or face to face in Aberystwyth. <u>No referral needed</u> Drop in - held at the Community Room at the Tesco Superstore in Aberystwyth on Thursday afternoons between 3pm – 5pm. You can join us for a chat and learn about our services. There is also an opportunity for you to speak with a staff member about anything that may be worrying you. <u>No referral needed</u>



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		Arts and Crafts group - held at Arad Goch in Aberystwyth weekly for creative people looking to share with others their creations, learn new skills, have fun and make new friendships. To join, please complete a referral or contact the Mind Office. Employment Support Service - for anyone experiencing unemployment due to illness and /or disability. This helps with confidence support, job matching, skill building, job searching, writing a great CV, interview preparation and support in your role. Walking Group – walks around the Aberystwyth area to improve your wellbeing, keep active, make new friends and find peer support for your mental health. (We have dogs allowed on certain weeks, get in touch for those dates). Mum's Matter is an 8-week online group for new mums (with babies up to 2 years) who are feeling low, stressed, anxious or lacking confidence. For a referral contact: mums@pcmind.org.uk or text 07494014933. Live Life to the Full offers 6 group sessions to help you with understanding your feelings, building inner confidence and doing things that make you feel better.
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New Pathways	Tel: 01685 379310 Email: enquiries@newpathways.org.uk Website: www.newpathways.org.uk	New Pathways is the leading provider of sexual violence support services in South, West and Mid Wales. We provide Crisis Support, Independent Sexual Violence Advisor (ISVA) Support, Specialist Counselling and Wellbeing Guidance. We offer comprehensive, inclusive support to people of all women, men and children of all backgrounds, beliefs, disabilities, and sexual orientations. We also have a Counselling College and deliver training around Sexual Violence, Trauma-informed Practice, Safeguarding, VAWDASV, Mental Health & Wellbeing and Working with Diversity.
Noddfa - Aberaeron	Tel: 01970 624756 Email: wayne.hurley@adferiad.org Website: www.adferiad.org	Noddfa operates from the Royal British Legion building in Aberaeron and the service is run by Adferiad. The service provides group and workshop activities which are specifically designed to help overcome the experience of isolation and to support integration within the community. Open two days a week. Individuals must have a mental health requirement.
Penparcau Community Hub	Tel: 01970 611099 Website: www.penparcau.cymru	Community Hub offering a range of activities and support including a monthly Veterans Breakfast support service.
Porth Gofal – Ceredigion Carers	Tel: 01545 574000 Email: contactsocservs@ceredigion.gov.uk Website: http://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-carers/	Supporting Carers and families in Ceredigion. Our availability is normally through referral and the carer will be contacted within 5 working days.
Powys Association of Voluntary Organisations – PAVO	Website: www.powysmentalhealth.org.uk/mental-health-services-in-powys/	Better information for everyone about mental health services in Powys. Support for citizen representatives as they join in with strategic board decisions. Networking and sharing of best practice amongst mental health and wellbeing organisations.
Primary Care Liaison Service	Mob: 07825 997248 to book Stress Control Courses Email: stresscontrol.carms.hdd@wales.nhs.uk	Stress Control / Activate Your Life Courses Provides a Primary Care Liaison Service including Stress Control course Public Health Wales delivers the Activate Your Life.



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	Mob: 07825 997248 to book Activate Your Life courses Email: ACT.hdd@wales.nhs.uk Website: www.hduhb.nhs.wales	
Non-emergency Patient Transport Contact Centre	Tel: 0845 8401234	Service covers non-emergency patient transport for patients registered with a Ceredigion GP practice for booking hospital transport. Please note you must give 48 hours' notice for booking in advance of the day of travel. Listen to message and when asked select option 2 to book for Ceredigion transport.



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Ray Ceredigion	Tel: 01545 570 686 Email: gill.byrne@rayceredigion.org.uk Website: www.rayceredigion.org.uk	RAY Ceredigion is a small charity making a big difference to communities in Ceredigion by providing weekly activities that build confidence, develop friendships and strengthens community. Our aim is to improve health and wellbeing particularly of those who are most vulnerable and disadvantaged, and we support all ages and abilities. RAY is based in the harbour town of Aberaeron, in beautiful Cardigan Bay.
RCS Wales – In-work support service	In-Work Support Service (IWSS) by RCS Wales Tel: 01745 336442 Email: hello@rcs-wales.co.uk	RCS were selected to deliver the Welsh Government funded In-Work Support Service across North, West and Southwest Wales. The In-Work Support Service provides FREE support and psychological or physical therapies to help employees and self-employed stay, or get back into work. Support is quick, free and fully confidential. You can access the service by completing the online referral at https://rcs-wales.co.uk/iws-referral/
Sandy Bear Children's Bereavement Charity	Tel: 01437 700272 Email: admin@sandybear.co.uk Website: www.sandybear.co.uk	Sandy Bear is a not-for-profit charity dedicated to improving and strengthening the emotional health and well-being of young people aged 0-25 (and their families), who have experienced the death of a loved one or are facing such a death.
Sexual Assault Referral Centre (SARC) Mid Wales	Tel: 01970 610124 (New Pathways - Ceredigion)	A centre where you can get immediate and confidential help and support. Open to everyone. Offers wellbeing support, counselling, first aid, medical aftercare and ISVA (Independent Sexual Violence Advocacy) support
Teifi Diverse Minds	Mob : 07866 897982 Email : johnb@teifidiverseminds.wales Website : www.teifidiverseminds.wales	A social and support group for neurodivergent adults living within travelling distance of Newcastle Emlyn. Whether you have a diagnosis, are on a waiting list for a diagnosis, self-identified, or seriously think you may be neurodivergent and would like to learn more, this group could be for you.
The Aberystwyth Ex-Forces / Change Step Veterans group	Contact WWAMH for more information 01267 245572	This group now meets at Tesco Community Space Aberystwyth Store between 5-7pm every Wednesday. It is a social group for Veterans only that offers social activities.
The Wallich - Ceredigion	Tel: 01970 611832 Email: aberystwyth@thewallich.net Website: www.thewallich.com	The Wallich operates under three core objectives: getting people off the streets; keeping people off the streets; and creating opportunities for people.



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Tir Coed – Carmarthenshire, Ceredigion & Pembrokeshire	Carmarthenshire Mob: 07884 696048 Email: carms@tircoed.org.uk Ceredigion Tel: 07376 299354 Email: ceredigion@tircoed.org.uk (Elan Valley office: 01597 811527) Pembrokeshire Mobile: 07422 578697 Email: pembs@tircoed.org.uk Website: www.tircoed.org.uk Facebook: www.facebook.com/TirCoed.Charity	Tir Coed connects people with woodlands through outdoor training, learning and wellbeing programmes across Carmarthenshire, Ceredigion, Pembrokeshire and Powys. Our provision taps into the many benefits of working outdoors in nature, offering a nurturing environment that boosts mental and physical health and wellbeing as well as knowledge and skills.
Tonic Surf Therapy	Mob: 07966014697 Email: walkinonwater@hotmail.co.uk	Tonic surf therapy is a surf/ocean related project based in West Wales using surf and the beach environment as a recovery tool for students on the mental health spectrum, Veterans dealing with P.T.S.D, carers and students with alcohol and substance misuse. We are also an ISA approved adaptive surf school, working with adaptive techniques and equipment for individuals with mixed disabilities. We are an evidence-based award-winning project with a proven record of success with students from 8-80yrs of age. Teaching locations: Poppit Sands, Borth, Newgale.



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Veterans NHS Wales	Tel: 01570 422577 Website: www.veteranswales.co.uk	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' Self referrals: https://www.veteranswales.co.uk/how-to-self-refer.html
Welsh Ambulance Service Trust Non-emergency Patient Transport Contact Centre	Tel: 0300 123 2303 (patients) Website: www.ambulance.nhs.wales	Patients registered with a GP practice in Wales 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).
West Wales Shared Lives	Tel: 01267 246890 Email: info@sharedlivesplus.org.uk Website: WestWalesSharedLives@carmarthenshire.gov.uk	Provides support to people with an assessed need, who want help to live in their community. Housing and assistance is provided within the homes of professional Shared Lives carers, often developing into broader networks of support.
West Wales Motorcycle Club	Email: westwalesmotorcycle@gmail.com	A community group that promotes the mental health benefits of motorcycling. The club works with people to learn about motorcycles including repair and renovation of motorcycles and riding skills. It enables people to come to together and support each other as bikers and build new friendships. The group also go on visits and trips to motorcycle related places and activities.
Woody's Lodge	Telephone: 01559 361328 Email: support@woodyslodge.org Website: www.woodyslodge.org	Supporting, mentoring, and signposting Veterans, Emergency Services, Reservists, and their Families. Assistance with Benefits and Pensions, Housing and Employment, NHS Health Referrals, socialising and Friends, Veteran Drop-In Centres, Free Transport.



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WWDAS – West Wales Domestic Abuse Service	24 Hour Emergency Helpline 01970 625585 Live Fear Free Helpline 0808 8010 800 Cardigan: 01239 615385 (24-hour Helpline) Email: info@westwalesdas.org.uk Referrals: referrals@westwalesdas.org.uk Website: www.westwalesdas.org.uk	West Wales Domestic Abuse Service (Formerly West Wales Women's Aid) was formed in 2012 after the merger of Aberystwyth and Cardigan's Women's Aid. We provide a free, confidential service throughout Ceredigion to anybody suffering or experiencing domestic abuse regardless of their age, race, gender, sexual orientation or financial circumstances. OWLS Project – The OWLS Project is a specialist service which provides outreach and support to older women over the age of 55 years of age living with or fleeing domestic abuse in Ceredigion.
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