



Pembrokeshire 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
Email: admin@wwamh.org.uk



Pembrokeshire Mental Health Directory

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	Tel: 111 press 2 for Mental Health	A single point of contact for well-being and mental health for people of all ages 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	Advocacy for adults in Carmarthenshire, Ceredigion and Pembrokeshire who have needs for social care and support, or their Carers, including assessment, care planning and review, safeguarding and complaints. A service providing independent professional advocacy in Welsh and English.
Adferiad Services in Pembrokeshire	Head Office: 01792 816600 Referrals from CMHT. Tel: 01437 763346 Email: gloucesterterrace@adferiad.org Website: www.adferiad.org	Adferiad 24 Hour Supported Housing Domiciliary Care Service Adferiad Gloucester Terrace is a 24-hour Domiciliary Care project. It provides temporary supported housing designed to meet the needs of those who experience serious mental health illness, have complex needs and require high levels of support. The project enables occupants to establish a safe stable home in the community and are supported to develop life skills to maximise opportunities for independent living and integration into the community. Referrals from CMHT. Ty Hafal project consists of a Core House which is a shared supported accommodation and outreach floating support to a fifth occupant in an additional satellite flat. The project aims to provide supported accommodation to individuals who experience psychiatric illness to such a degree that they need a supportive and rehabilitative environment to help enable them to lead a full life while working towards recovery and integration into the community.



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Cyfle Cymru	Tel: 01437 764639 Tel: 01437 764639 Tel: 01834 844177 Email: tri@adferiad.org Tel: 0300 777 2256 Email: ask@cyflecymru.com Website: www.adferiad.org/services/cyfle-cymru/	Supported Living Scheme. This service supports people with physical needs and/or mental health needs to remain living at home. Referral is through the central Social Services system. Adferiad Seibiant Mental Health Community Support Service The Adferiad Pembrokeshire Seibiant (project provides floating support to individuals who are experiencing challenges with their mental health. The support offers a short break to family members or unpaid carers of those affected by a serious mental illness. Adferiad Tenby Resource Initiative Adferiad Resource Initiative (TRI) project is a resource and activity centre, with a drop-in facility. Offering activity groups in the community as well as practical and emotional support for service users. 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 Tel: 01437 762935 (Pembrokeshire) 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 for those with mental health issues, carers and veterans. Providing support in accessing mental health services or supporting those whose mental health is impacting participation to engaging with other services. Drop-ins AWW-EGC provides drop-in advocacy services across Carmarthenshire and Pembrokeshire. LD & ASC - Within Pembrokeshire alone providing LD & ASC advocacy to those in the community ages 16 years plus.



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Age Cymru Dyfed	Tel: 03333 447 874 Email: reception@agecymruduyfed.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, for whatever reason, have 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, live the life they want to live and empower them to take control of their own lives. Veterans View This project provides practical support to older veterans throughout Dyfed including access to the range of welfare services delivered by the charity but also, where appropriate, 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 shop, or pursuing hobbies and interests, we are here to help. Simply give Age Cymru Dyfed a ring or email.
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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: 01239 614566 / 0800 0385778 Email: info@area43.co.uk Counselling Email: counselling@area43.co.uk Website: www.area43.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.
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.
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.
ASD Family Help	Tel: 07384 733658 Email: melissa@asdfamilyhelp.org Website: www.asdfamilyhelp.org	An Autism Charity that supports neurodivergent young people / adults and parent / carers, pre and post assessment. Our aim is to connect communities to enable them to support each other, We do this through our peer support groups, workshops and groups for young people and adults
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.



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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.
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)
Calan DVS – Women's Refuge	Tel 01437 457450	Calan DVS is one of the largest domestic abuse charities in Wales and are committed to working in partnership to end domestic violence and abuse. Our service model ranges from core domestic violence services for female victims including refuge.
Carers Support Pembrokeshire	Tel: 0300 0200 002 option 3 Email: carerssupportpemb@ctcww.org.uk Website: www.ctcww.org.uk	Provides information and support for carers.
Carers Trust Crossroads West Wales Money Matters Service	Telephone: 0300 0200 002 Email: info@ctcww.org.uk Website: https://ctcww.org.uk/	The aim of the Money Matters service is to improve carer wellbeing through income maximisation and alleviating financial pressures.



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Catalysts for Care	Tel: 01834 860965 Email: information@planed.org.uk Website: www.planed.org.uk	The Catalysts for Care project supports people with a caring nature and a good idea 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.
CHATHealth	Mob: Pembrokeshire - 07507 327088 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.
Citizen's Advice Bureau – Pembrokeshire	National Number 03444 772020 New local advice line Tel: 01437 806070 (Haverfordwest) Email: advice@pembscab.org Website: www.pembscab.org	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 services, volunteering information and campaigns. Offices at Haverfordwest, Milford Haven, Pembroke Dock and Goodwick.
Clynfyw Care Farm	Tel: 01239 841236 Email: jim.clynfyw@gmail.com Website: www.clynfyw.co.uk	Clynfyw Care Farm is a Community Interest Company which supports disabled and vulnerable people using numerous meaningful projects as tools for learning.
Community Connectors Pembrokeshire	Tel: 01437 723660 Email: enquiries@pembrokeshirecommunityhub.org Website: www.pavs.org.uk/help-for-people/community-connectors/	Eight Community Connectors working in six integrated areas across Pembrokeshire. The Community Connector service is a key element of the Strengthening Communities Programme, a partnership approach with Pembrokeshire County Council, Hywel Dda Health Board & third sector. It is a community and citizen-centred approach to improving health and wellbeing in Pembrokeshire, beginning with a What Matters conversation and often involving social prescribing linked to the 5 ways to wellbeing.
Community Drug and Alcohol Team (CDAT)	Tel: 01437 774141 Email: substancemisuse@pembrokeshire.gov.uk	Hywel Dda University Health Board and Pembrokeshire County Council working together as The Community Drug and Alcohol Team (CDAT) to provide support for those people with drug and alcohol issues.
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.



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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	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
DEWIS (Centre for Independent Living – CIL)	Tel: 01646 629123 Email: advocacy@dewiscil.org.uk Website: www.dewiscil.org.uk/advocacy	Generic Advocacy Service for Pembrokeshire. 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 support in Pembrokeshire or eligible to receive a service under the Fair Access to Care (FACS) criteria that prioritises eligibility for care and support within the NHS and Community Care Act.
Dezza's Cabin	Tel : 07788378391 Email: Dezzascabinkw@gmail.com Website: dezzascabinsupport.co.uk	Dezza's is a local not-for-profit charity who have been formed to support vulnerable people within our community who may be suffering with poor Mental Health or any other difficulties.
Diverse Cymru – BME Mental Health and Wellbeing Hub	Tel: 02920 368888 Email: info@diverse.cymru Website: www.diversecymruorg.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.
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.



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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.
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.
Get the Boys a Lift	Email: info@gtbal.co.uk Website: www.gtbal.co.uk	Offers free and easily accessible mental health support for the people of our community. We run a clothing and coffee store in Haverfordwest, where you can chat to counsellors and make new mates. Our service is available by popping into our store and asking someone, emailing or clicking the Get Help tab on our website. GTBAL have premises in both Haverfordwest (40 Bridge Street) and in Tenby (Melissa House, Upper Frog Street)
Gryffs Mind Space	Mob: 07972 617925 Email: info@gryffsmindspace.co.uk Website: www.gryffsmindspace.co.uk	Gryffs Mind Space is a CIC dedicated to creating a supportive and inclusive space for neurodiverse young people. Our mission is to bridge gaps within the community and ensure that everyone feels heard, accepted and valued.
Headway Pembrokeshire	Mob: 07958 552153 Email: pembrokeshire@headway.org.uk Website: www.headwaysouthwestwales.org.uk/	Headway Pembrokeshire 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.
Homeless Pembrokeshire	Mob: 07833 096872 Email: homelesspembrokeshire@gmail.com	Our registered charity Homeless Pembrokeshire operates in Pembrokeshire and Carmarthenshire providing emergency rough sleeper packs via an outreach service 365 days a year and out of hours where we can.
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/



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LiSS – 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.
Making Space – Pembrokeshire Hoarding Service	Tel: 01437 647113 Email: MakingSpace@thewallich.net Website: www.thewallich.com/services/making-space-pembrokeshire	The Wallich, in partnership with Pembrokeshire County Council, provides a "Making Space" service that helps people in Pembrokeshire understand and manage hoarding behaviours. This service utilises a holistic and therapeutic approach, including Cognitive Behavioural Therapy (CBT) and trauma-informed practices, to address the root causes of hoarding and prevent relapse. It also includes a community support group for ongoing emotional and practical peer support. Referrals via the Pembrokeshire Local Authority Housing Gateway.
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



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Megan's Starr	Email: help.meg@outlook.com Website: http://megansstarr.com/	Megan's Starr is a youth mental health charity dedicated to supporting young people facing mental health challenges, particularly those from disadvantaged and impoverished backgrounds in Pembrokeshire, West Wales. We recognise that mental health issues disproportionately affect this demographic, and our mission is to empower them to lead healthy, fulfilling lives.
Men's Sheds Cymru	Tel: 0300 772 9626 Email: admin@ukmsa.org.uk Website: www.mensshedscymru.co.uk/	The Men's Sheds is a cooperative association wholly owned by its members with sites in Haverfordwest, Neyland, Milford Haven, Pembroke Dock, Kilgetty and Begelly. 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: 07910 517514 (Matt Hatter) Email: info@men2men.org.uk Website: www.men2men.org.uk/pembrokeshire	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 Pembrokeshire	Telephone: 01437 769982 Email: hellopembrokeshire@pcmind.org.uk Website: www.pcmind.org.uk/	Mind Pembrokeshire Drop-in for wellbeing, conversation and mental health support. Mental health telephone support. Wellbeing Activity Groups. Telephone for days and times for the services listed below. Mind Pembrokeshire – Adult Sanctuary, Thursday, Friday, Saturday & Sunday 5pm – 2am Mind Pembrokeshire Young Persons Sanctuary Services Free Mental Health Appointments for young people aged 12 - 18 years Mental Health and Wellbeing Support for Ukrainians living in Pembrokeshire - Support for adults and young people aged 11-18 Mental Health and Wellbeing Support for Ukrainians living in Pembrokeshire Support for adults and young people aged 11-18 NEW Employment Support Service – Employment support for anyone experiencing unemployment due to illness and/or a disability. Partners for the Journey



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		Money & mental health support, Welfare Benefits Energy/utilities, Debt, Loneliness & isolation Mental health tips & tools. Mind Pembrokeshire Guided Self Help Programme for Adults and Young People A six -week guided self help programme over the telephone to help you understand and feel more in control of your emotions. Mind Pembrokeshire – Roots to Recovery Delivered in partnership by Mind Pembrokeshire and Pembrokeshire Coast National Park Authority – The project is all about the restorative powers of Pembrokeshire's outdoors Activities based from Hubs in Haverfordwest, Pembroke, Narberth and Hubberston Mums in Mind FB Group These are Facebook social groups, hosted by an experienced Mind worker, who are mums themselves and who understand the challenges that can be faced. Mums Matter Mums 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. Available in Carmarthenshire, Ceredigion and Pembrokeshire. Connect with other mums and chat about what it's really like to be a new mum. Encouraging ongoing peer support is also built into the course. The eight week course also includes one session for partners or supporting family members. Self-Harm and/or Suicide Peer Support Group A peer support group for anyone affected by self-harm and/or suicide in a safe and comfortable environment. Learn coping strategies and share experiences. 8 Weeks of Wellbeing A course delivered in a small group either in person or online. Combine wellbeing activities, discussions and learning to improve resilience Money and Mental Health Advice on benefits, debt, housing, and employment
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		MH and Wellbeing Support for Ukrainians living in Pembrokeshire Support for adults and young people aged 11-18 Milford Haven Drop-in held every Tuesday 10am – 12 noon at Hakin Community Centre, Church Road, Milford Haven SA73 3PL. No need for an appointment.
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.
Patch	Tel: 01646 699275 Website: http://patchcharity.org.uk/	Free food parcels, clothing and household items to those in a financial crisis in Pembrokeshire. We work closely with our referral agencies to help those that are experiencing hardship through perhaps a delay in benefits, fire, theft and escaping emergency situations.
Pathway Counselling – Part of PATH: Pembrokeshire Action for the Homeless	Tel: 01437 765335 For out of hours: 01437 764551 (Pemb County Council) Email: pcs@pembrokeshirecaresociety.org.uk Website: www.pathpembrokeshire.co.uk Tel: 01437 765 335 Email: Counsellingdmin@pembrokeshirecaresociety.org.uk Website: www.pathwaycounselling.uk	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 information, crisis intervention, starter packs for rough sleepers or new tenants, band schemes, travel warrant schemes and more. Referral drop in or ring for an appointment NEW SERVICE: Pathway Counselling: Transforming Trauma (May 2026 – May 2027) Pathway Counselling has reopened under the parent charity PATH at 19 Market Street, Haverfordwest, launching a specialised one-year project to address complex trauma, unresolved ACEs (Adverse Childhood Experiences), and neurodivergent presentations in Pembrokeshire. Delivery: Hybrid options available (in-person, online, or telephone) operating three days a week (Mondays, Tuesdays, and Wednesdays).



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		Referrals will open and close dynamically based on part-time capacity to prevent unmanaged waiting lists. • To Refer: Submit via the online form sent via an email enquiry • Contact: Julie Ashley-Jones (Mental Health Service Manager) • Phone: 07398 121639 • Email: Julie.Ashley-Jones@pembrokeshirecaresociety.org.uk
Paul Sartori	Telephone: 01437 763223 Email: enquiries@paulsartori.org Website: www.paulsartori.org	Paul Sartori offers a Counselling and Bereavement Service. They also offer a Hospice at Home Service. Further information on the service can be accessed via their website.
Pembrokeshire Community Hub	Telephone: 01437 723660 Email: enquiries@pembrokeshirecommunityhub.org Website: www.pembrokeshirecommunityhub.org.uk	The Pembrokeshire Community Hub is now live and is somewhere for the whole community / organisations / individuals / groups to contact if they want to know anything about what's going on in Pembrokeshire, what support and information is available.
Pembrokeshire Counselling Service	Tel: 01437 768708 Email: contact@pembrokeshirecounsellingservice.org Website: www.pembrokeshirecounsellingservice.org	Confidential counselling service available to anyone over the age of 18 years throughout Pembrokeshire. Our counsellors all have appropriate training and receive regular supervision. No fees are charged but donations are valued and necessary to support our charitable organisation. Suitable venues are located across Pembrokeshire, and you can be seen by counsellors for up to 6 sessions.
Pembrokeshire Domestic Abuse Services	Tel: 01554 752422 Live Fear Free Helpline: 0808 80 10 800 Website: www.threshold-das.org.uk/pembrokeshire-domestic-abuse-service-das	A partnership with Calan DVS and Threshold-DAS. Offers safe accommodation, information and support for victims of domestic abuse. Provides counselling and advice. This service operates specifically in Pembrokeshire.
Pembrokeshire Frame	Tel: 01437 769755 (General enquiries) Tel: 01437 779442 (Shop) Email: info@frameltd.co.uk Website: www.pembrokeshire-frame.org.uk Also have facilities in Pembroke Dock Tel: 01646 622288 Email: info@frameltd.co.uk	The aim of the projects is to provide adults with disabilities, mental health issues and or learning difficulties with work experience by helping them to reuse and recycle items donated to Pembrokeshire FRAME. Phone or call in. Provides therapeutic training within all aspects of horticulture. Provides work and training opportunities for people with disabilities in shops warehouses, distribution, workshops and administration.



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Pembrokeshire People First (PPF)	Tel: 01437 762524 Email: info@pembrokeshirepeople1st.org.uk Website: www.pembrokeshirepeople1st.org.uk	Non-profit organisation and 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.
Pobl	Tel: 0330 175 9726 Email: info@poblgroup.co.uk Website: www.poblgroup.co.uk/care-and-support/support-services	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.
Point YPT	Telephone: 01348 871887 / 01348 875467 Email: enquiries@pointypt.org.uk Website: www.pointypt.org.uk	Providing opportunities for young people aged 11 – 25 living in North Pembrokeshire to acquire the confidence, self-esteem and skills to overcome the obstacles they may encounter on their journey from childhood to adulthood. Youth Mental Health First Aid training: (giving adults the tools and skills to be able to support young people with their mental health)
Primary Care Liaison Service	Mob: 01437 834429 to book Stress Control Courses Email: stresscontrol.carms.hdd@wales.nhs.uk Mob: 01437 834429 to book Activate Your Life courses Email: ACT.hdd@wales.nhs.uk Website: www.hduhb.nhs.wales	Stress Control / Activate Your Life Courses Provides a Primary Care Liaison Service including Stress Control course Public Health Wales delivers the Activate Your Life.
Renew Wellbeing	Tel: 07772051720 Email: lisa@renewwellbeing.org.uk Website: www.renewwellbeing.org.uk	Renew spaces are simple cafe-style spaces run by local churches where hobbies and activities are shared or co-produced. Each cafe space is attached to a quiet room, where inner habits of wellbeing are shared. Each Renew space partners with local mental health teams, for those who need signposting for extra help. These are safe spaces where you are known by name, spaces where it's OK not to be OK.
Rhythm of Life Therapies CIC	Mob: 07410 965497 Website: www.rhythmoflifetherapies.com/	Rhythm of Life Therapies CIC is a small non-profit organisation based in Narberth. Music Therapy is for everyone but especially beneficial for people who have difficulty with verbal communication. Whether through illness, brain injury, trauma, mental health or communication disorder. They also specialise in working with people with PTSD, dementia and mental health issues.
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.



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		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://rccs-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 0-18 (and their families), who have experienced the death of a loved one. We aim to reduce emotional difficulties in childhood and the prevalence of mental illness in later life that can result in a decreased quality of life, poorer educational attainment, social and health problems and increased vulnerability. We achieve this by working closely with children, young people and families to support them through their grief, and by educating relevant professionals to know what to do when they are dealing with bereavement.
Sexual Assault Referral Centre (SARC)	Tel: 01267 235464 (Carmarthenshire and Pembrokeshire areas)	A centre where you can get immediate and confidential help support. Open to everyone. Offers wellbeing support, counselling, first aid, medical aftercare and ISVA (Independent Sexual Violence Advocacy) support
Shalom House	Phone: 01437 721344 Email: info@shalomstdavids.org Website: http://www.shalomstdavids.org/	Hospice and support centre for individuals living with cancer and life limiting conditions such as Parkinson's, MND, MS and COPD. We support the people of Pembrokeshire within our day centre (Mon to Fri) and respite weeks, which are throughout the year at set times when funding allows. At our nurse led day centre we can support with palliative needs, psychological and medical symptom management, bereavement support, carer support and complimentary therapies such as Reiki and Reflexology. We have counsellors who support not only those who attend Shalom House and their carers or loved ones, but we are also able to provide rapid access support to access free counselling sessions to anyone living in Pembrokeshire
The Edge Youth Centre	Mob: 07825 365150 Email: CYT@pembrokeshire.gov.uk Facebook: www.facebook.com/HaverfordwestYouth	Based at the Edge Youth Centre, Haverfordwest as part of the Community Youth Team. Helps young people aged 11-25 by giving them opportunities and activities based on a voluntary relationship. Advice, information, personal support and guidance. Ways to be involved in decision making. Issue based workshops. Residential and Holiday programmes. Opportunities for volunteering and work experience placements.
The Wallich – Pembrokeshire	Tel: 01437 647100 Email: pembrokeshireoutreachteam@thewallich.net Website: www.thewallich.com	Pembrokeshire Assertive Outreach Our team of specialists work to engage with people sleeping rough or living a street-based lifestyle to take the first step out of homelessness. Support includes



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		providing hot drinks, housing and welfare benefits advice, referrals to supported housing, referrals to all types of health care, referrals to substance use centres.
VC Gallery	Tel: 01437 765873 (Haverfordwest) Tel: 01646 685688 (Pembroke Dock) Email: admin@thevcgallery.com Website: www.thevcgallery.com	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. Offering opportunities for ex forces support through befriending and meetings



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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.
Young Carers Support Pembrokeshire	Tel: 029 2066 7668 Email: youngcarers@mediaacademycymru.wales Website: www.mediaacademycymru.wales/young-carers/	The Young Carers Pembrokeshire service supports children and young people who help look after someone in their family who needs extra care or support. The service is delivered by Media Academy Cymru (MAC), working closely with Pembrokeshire County Council and local partners. Our focus is on making sure young carers feel supported, listened to, and able to thrive alongside their caring role.