

Mental Health Services and support

Information, contact numbers and community support during
COVID 19 outbreak across Carmarthenshire

PLEASE NOTE THE SERVICES THAT HAVE BEEN OFFERED MAY CHANGE TIMES AND OFFERS MAY BE EXTENDED OR DISCONTINUED AS THE SITUATION CHANGES. PLEASE CALL SERVICE DIRECT FOR UP TO DATE INFORMATION.

Some of these services are already on DEWIS/InfoEngine, our directory of services for Carmarthenshire and Wales, if so a link to their DEWIS/Infoengine entry is attached to their information.



If you've got a service that helps people with their well-being, you can add your details to Dewis Cymru, so that the people who you want to help, and support can find you more easily. It doesn't matter how big or small you are, or whether you're volunteers - if you help people with their well-being, Dewis Cymru wants to know about you and about what you do, so that we can put people in touch with you! If you want to add details of your service to Dewis Cymru, click [here](#).

Any changes or new services identified please send to susansmith@cccpartners.org.uk

Information, Awareness and Wellbeing Now – Hywel Dda University Health Board.

<http://www.iawn.wales.nhs.uk/home> for lots of useful downloads and signposts to self help support and useful websites.



<https://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=17832>

Dementia Connect - examples of the support we provide:

- help with legal and financial documents
- emotional support when things get tough

- connecting you to local support groups
- help to understand and live with dementia, including coping techniques
- support with everyday living, such as government benefits

Our Dementia Advisers are available on the phone to give you the support you need. They will offer you the option of regular calls so we can keep in touch and help meet your changing support needs.

Support Line Opening Hours:

Monday – Wednesday: 9:00am – 8:00pm

Thursday – Friday: 9:00am – 5.00pm

Saturday – Sunday: 10:00am – 4:00pm

Online support is available round the clock through our website. Find support materials to download or order, chat to others in a similar situation on our online community Talking Point, and search for local services through our online directory.

Our local Dementia Advisers can meet you to offer further support, practical advice and information. We can also connect you with other face to face services in your area.

If you or someone you care for needs support, get in touch.

T: **0333 150 34561**

W: **[alzheimers.org.uk/dementiaconnect](https://www.alzheimers.org.uk/dementiaconnect)**

E: **dementia.connect@alzheimers.org.uk**

What happens next?

A Dementia Adviser will talk to you about what you need and connect you to the right support for you. And you'll only need to tell your story to us once. Calls charged at standard local rate



<https://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=5603>

West Wales Action for Mental Health – WWAMH, directory and web site link <http://www.wwamh.org.uk/mental-health-directories>

Mental Health Helpline for Wales, Individuals needing help should ring the 24 hour helpline for support Freephone 0800 132 737Or text help to 81066 which is open as normal. <https://www.callhelpline.org.uk/MentalHealthAreas.asp>



<https://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=219>

Age Cymru • Mental Health • Support Telephone: 08000 223444 Email: enquiries@agecymru.org.uk Website: <https://www.ageuk.org.uk/cymru/> Facebook: <https://www.facebook.com/Age-CymruSir-Gar-237052943365286/> Age Cymru 'Check in and Chat' telephone service for the over 70s in Wales who live alone. It is hoped that the initiative will help provide some reassurance to older people, answer basic queries and link people to local services and support during the Coronavirus outbreak. Free of charge to register with Age Cymru to receive a regular telephone call from the charity in either English or Welsh. Availability: Monday – Friday 09:30 – 16:30

Carmarthenshire Community Mental Health Teams Hywel Dda Health Board, Wellfield Resource Centre,, 22 Wellfield Road, Carmarthen, Dyfed SA31 1DS, 01267 236017

Towy Valley, Llandovery Cottage Hospital, Llanfair Road, Llandovery, SA20 0LA01550 722200

Ammanford Tir-y-Dail Lane,Ammanford, Carmarthenshire, SA18 3AS, 01269 595473

Carmarthenshire Counselling Service,

<https://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=24147>

Providing counselling services to over 18's in Carmarthenshire, contact , 01554 772385, carmarthenshirecounselling@gmail.com

Samaritans Cymru , call 24hr 116123 or email jo@samaritans.org , response time 24hr, for more details see <https://www.samaritans.org/wales/how-we-can-help/contact-samaritan/> Welsh speaking available.

Hafal - Hafal Carmarthenshire helps people with serious mental illness and their families to work towards recovery. All our services are underpinned by Hafal's Recovery Programme which empowers clients and families to take control of their lives and achieve recovery.

Contact details:

Peter Jones – Men's Sheds Wellbeing Advocate

Email: Peter.Jones@hafancymru.co.uk

Mobile: 07818 588 628

Ammanford Resource Centre

Ty Aman

High Street

Ammanford SA18 2NA

Tel: 01269 597829

E-mail: barbara.cook@hafal.org

Hafal Llanelli Domiciliary Care

Tel: 01554 742870

Email: rachel.cornell@hafal.org

Mencap Wales – The voice of learning disability in Wales, Call **0808 8000 300** or complete our the contact form online <https://wales.mencap.org.uk/> or helpline.wales@mencap.org.uk.

MIND Cymru – Website with helplines and advice, <https://www.mind.org.uk/about-us/mind-cymru/>

Side by Side Cymru , 07958788172, www.mindaberystwyth.org , Facebook: side by side Cymru at Mind Aberystwyth

Goldies - FREE online singing sessions.

- Does your service run any online sessions? Could Goldies come and speak to your beneficiaries about our twice weekly sessions?
- Are you in a care home or other housing accommodation where you could stream our online sing-a-long sessions? Get in touch so that we can help you.

- Are you in a housing service? We could send you leaflets to hand out to your residents to let them know how to join us from their sofa.

Every TUESDAY and THURSDAY at 11am, you can enjoy a Goldies session in your home. www.goldieslive.com Tweet @GoldiesLive info@goldieslive.com

The Golden-Oldies Charitable Trust , www.golden-oldies.org.uk Tweet @GoldiesCharity www.facebook.com/goldiesuk/ Goldies Cymru, www.goldiescymru.org.uk Tweet@goldiescymru www.facebook.com/goldiescymru
The Goldies award-winning Schools new WW1 inter-generational programme www.ourmemories.org.uk

Wellbeing sessions for carers, which are taking place on Zoom, free.

OCTOBER

2nd Restorative yoga (online) with Kerry

16th Apple a day workshop (online) - Managing low mood

30th Mindfulness with Kerry

NOVEMBER

13th Apple a day workshop (online) - Switch off & sleep

27th Mindfulness / yoga with Kerry

Contact for more details :

Kerry info@yogawithkerry.com OR Connect with Kerry via social media at:<https://www.facebook.com/yogawithkerryM>,
<https://www.instagram.com/yogawithkerry>

An Apple A Day www.appleadaywellbeing.co.uk 07500 869654

CYCA: Connecting Youth, Children & Adults Unit 2, Dragon 24, North Dock, Llanelli, SA15 2LF . Contact details: 01554 776178 support@cycaonline.org
www.cycaonline.org

New online courses over the last few months,

Online safety for children ,Professional and business wellbeing , CBT , Compassion and Gratitude , Stress in Childhood , Webinars on a range of topics.

Macmillan Telephone Buddies. - Going through cancer can be an isolating experience at any time, and especially when social distancing. Their **Telephone Buddy Service** offers a listening ear, befriending and signposting to Macmillan services and other local and national sources of further support. A trained and

understanding volunteer will be matched up with someone who would benefit from their support, providing a weekly call – arranged at times to suit both parties.

For anyone who's interested in receiving this support, there are a couple of easy steps to take (as below). They welcome self-referrals or from a third party (with permission) on someone's behalf:

Follow the link below:

<https://www.macmillan.org.uk/get-involved/campaigns/telephone-buddies>

Sign up to register interest by giving a few basic details

Following these steps, a Macmillan colleague will get in touch to find out more, and then find a Telephone Buddy volunteer who suits the support needs discussed. The Buddy will call weekly for up to 12 weeks, depending on needs and what works best.

LINKS – Mental Health Support, it is with great sadness that Links Project is currently closed at present. However, our support staff will still be available to support members via telephone calls and Facebook, where we will be encouraging interactive activities.

We are also issuing members with activity packs where possible, please contact us if you would like one.

Our working hours are Monday to Friday, 9:00am until 4:30pm. We can respond to your email/phone call during these times.

If you need urgent mental health support or information, please contact the CALL Helpline on 0800 132737 Or the Samaritans on 116 123. Llanelli Twilight Service will open Thursday to Sunday, 6pm until 2am, please ring 01554 253 193. Email: admin@links.uk.net See current details at <http://links.uk.net/>

Mental Health and Debt Guide - By Martin Lewis, Jenny Keefe & Marianne Curphey, The guide can be downloaded free from www.moneysavingexpert.com/mentalhealth

Dealing with a Break Up Or Divorce guide -
<https://www.helpguide.org/articles/grief/dealing-with-a-breakup-or-divorce.htm>

Stress Control online

Stress is a normal reaction to the rapidly changing and uncertain times we are all living in at the moment. If you would like to learn some great ways, free-of-charge, to deal with common problems like anxiety, depression, panicky feelings, poor sleep and poor wellbeing, take a look at this video which will tell you more about 'Stress

Control', a six-session cognitive-behavioural therapy class used extensively in the NHS (UK) and HSE (Ireland) and across the world:

<https://www.youtube.com/channel/UCDVRme6oWZT2hsCYaSergGw>

As, in the current circumstances, you can't come to 'Stress Control', we will come to you. The sessions will be taught by Dr Jim White, consultant clinical psychologist, who devised the class and who has taught most of the NHS (UK) and HSE (Ireland) trainers who would normally be running classes across the country. To take part:

Please note We are currently planning further online classes and will update this site as soon as possible

- 1) Go to www.stresscontrol.org where you can learn more about the class on the homepage. You can get the dates of all the sessions too (we might run the classes again in May). Everything you need to successfully complete the class – the booklets, self-assessment, relaxation and mindfulness can be found in the 'Free zone'. If you can, please read, and start working on, the booklets in the 'Preparing for the course' section before Session 1.
- 2) Click on the YouTube link to access our YouTube channel where the classes will be available to view at the scheduled times. If you click the Subscribe button on our YouTube page, you should be kept up to date with the latest videos when logged in to YouTube.
https://www.youtube.com/playlist?list=PL_BKErJ_jISQHKFtHPCRmEctDtcNC_CowB
- 3) The session will start exactly on time, so do make sure you are there from the start. There will be a 10-minute break in the middle.
- 4) Each session is one piece of the jigsaw. By watching all of them, the jigsaw will form, and the big picture can emerge. This is cognitive-behavioural therapy so it is crucial you practice the skills we will teach you between sessions.

Life is very hard for us just now and there are no easy solutions or magic cures but, with hard work and determination, we can learn ways to get through this and come out the other end stronger. Please pass this on to anyone who you think might benefit from the class.

Your mind matters' helpful guide looks at talking about mental health, the common symptoms of mental health problems and what support is available. You can download your copy from the Age Cymru website - <http://bit.ly/AC-IG56>

DPJ Foundation telephone helpline for mental health specifically to the agricultural sector 08005874262

Llanelli Counselling Service "Is coronavirus (Covid-19), work related stress, anxiety, insomnia, panic attacks, depression or money worries affecting your life? Perhaps someone close to you is ill or has passed away? Maybe you are struggling with caring responsibilities? Llanelli Counselling Service currently offer telephone counselling or online via WhatsApp or Zoom as we cannot use the counselling room at present, but hopefully we will be able to offer that again soon. Meanwhile please ring 01554701755 or text 07476555338 for further info. VERIFIED

Branching Out – <http://www.nurturemagu.com/#/branchingout/>

<https://www.facebook.com/Branching-Out-Carmarthen-Kidwelly-631034587339991/>

Branching Out is a peer led emotional well-being group that has been running in Carmarthenshire since April 2019. Prior to lockdown we were holding 1 meeting a week at the Nurture Centre on a Friday evening. The aim of the group is to provide a safe space to chat and share difficulties and get support but also for members to be able to share what has helped them in the past to other members and give members the opportunity to gain confidence by leading sessions themselves.

Since lockdown, thanks to the Nurture Centre, we moved meetings to zoom and have opened our Zoom meeting to others who may not have previously attended meetings but require support at this time as we were conscious that many more people may be experiencing difficulties with their emotional well-being due to self-isolation and social distancing. New members have quickly fitted into the group and everyone is enjoying the chance to safely socialise. We even have dinner together via zoom sometimes! We have also, thanks to the Nurture Centre, increased our meetings to 3 times a week Mondays 8.45pm, Wednesdays 7pm and Fridays 6pm, following members requests for additional support.

Some members told us that social media was increasing their anxiety and having a detrimental effect on their emotional well-being and mental health at the beginning of lockdown so they had moved away from social media. To help them stay connected we started a weekly email newsletter aimed at providing people with some positivity and a few laughs. This newsletter is being circulated to members. Anyone who wants to receive the next one or back issues can by contacting us via our page or email. It's estimated that it's reaching over 1000 people.

We are providing daily positivity posts on our Facebook page.

email branchingoutuk2019@gmail.com messenger, texts and calls. We have a trained mental health 1st aider and ASIST worker on our team as well as a lot of experience of mental health.

Branching Out, as always, also offers support via signposting to other agencies and is keeping in touch with many statutory, 3rd party and volunteer agencies during lockdown to enable us to pass on the latest advice and support..

Tammy Foley 30-minute Free sessions she is offering and also Bespoke packages.

Tammy is a Wellbeing, Mindfulness and Relaxation Specialist

You can contact her directly: 07792706275

- info@tammyfoleyhypnotherapy.com
- Twitter @tammy_foley
- [inkedin.com/in/tammyfoley1/](https://www.linkedin.com/in/tammyfoley1/)
- tammyfoleyhypnotherapy.com