

MENTAL HEALTH & LEARNING DISABILITIES DIRECTORATE COMMISSIONED SERVICES

Support During Covid – 19

Date of Issue: 22/04/2020 – V2



<http://www.iawn.wales.nhs.uk/home>

Services

Adult Mental Health Third Sector Services

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[Adult Mental Health – 3 counties \(Carmarthenshire, Ceredigion & Pembrokeshire\)](#)

Specialist Child & Adolescent Mental Health Third Sector Services

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Older Adult Mental Health Third Sector Services

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Learning Disabilities’ Third Sector Services

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FACEBOOK LINKS TO COVID 19 SUPPORT FOR COMMUNITIES

MENTAL HEALTH & LEARNING DISABILITIES DIRECTORATE COMMISSIONED SERVICES - Support During Covid -19

Adult Mental Health Third Sector Services - Carmarthenshire					
Organisation	Service Provided	How does it work?	Contact Details	Availability	Notes & Other Contact Details
Advocacy West Wales Eiriolaeth Gorllewin Cymru (AWWEGC)	Carmarthenshire Mental Health Advocacy Service	For adults of all ages in the community looking for more support with their mental health or help advocating in to mental health or other services.	Call 01267 231122	Monday –Friday 09:00 – 17:00 (Not bank holidays)	www.advocacywestwales.org.uk
Advocacy West Wales Eiriolaeth Gorllewin Cymru (AWWEGC)	Carmarthenshire Carers Mental Health Advocacy Service	For carers of those with mental health needs	Call 01267 235427.	Monday –Friday 09:00 – 17:00 (Not bank holidays)	www.advocacywestwales.org.uk
Mind Carmarthen	Good Neighbour Volunteers	Offers tip for Good Neighbour Volunteers	For loneliness suggest Martin on 07496 974 388 For mental health support suggest Josie on 07496 974 388	Martin Monday -Friday 10:00 – 13:00 Josie Tuesday – Friday 10:00 – 16:00 Weekend 10:00 -13:00	
Mind Llanelli	Twilight Sanctuary	Available for support over the phone or on Facebook.	Call 01554253193 or message https://www.facebook.com/pg/TwilightSanctuary/services/	Thursday-Sunday 18.00 - 02.00	
Links Llanelli	Links	Uplifting messages and activities via social media.	Facebook Link https://www.facebook.com/SocialMediaLinks1/	Available 24/7	



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Adult Mental Health Third Sector Services – Ceredigion					
Organisation	Service Provided	How does it work?	Contact Details	Availability	Notes & Other Contact Details
Ceredigion Independent Professional Advocacy	Independent Professional Advocacy	For adults in Ceredigion with social care and support needs	Call 0800 2061387 email info@cipawales.org.uk	Monday –Friday 09:00 – 17:00 (Not bank holidays)	www.cipawales.org.uk
Adult Mental Health Third Sector Services – Pembrokeshire					
Organisation	Service Provided	How does it work?	Contact Details	Availability	Notes & Other Contact Details
Advocacy West Wales Eiriolaeth Gorllewin Cymru (AWWEGC)	Pembrokeshire Mental Health Advocacy Service	For adults of all ages in the community looking for more support with their mental health or help advocating in to mental health or other services.	Call 01437 762935	Monday –Friday 09:00 – 17:00 (Not bank holidays)	www.advocacywestwales.org.uk
Adult Mental Health Third Sector Services – 3 counties (Carmarthenshire, Ceredigion & Pembrokeshire)					
Organisation	Service Provided	How does it work?	Contact Details	Availability	Notes & Other Contact Details
Arts Care	Exercise and Yoga classes available online	The classes are available on Facebook and YouTube.	https://www.facebook.com/acgprojects https://www.youtube.com/channel/UCBP35gb7CYzqeuf84404fzw	Classes available online 24/7	Keep an eye out for new content
HUTS	Offering a phone call service and chat service for people that that feels lonely and needs a friendly conversation.	Ring the number to log your interest. HUTS will arrange for a call back by one of the team.	Call 01239 710 377 to register your interest	Monday - Friday 10.00 –14.00	This confidential call back service is free, other than the cost of the initial call you make.
IAWN Website	Online resource and information	Online resources and information on mental health to enable people to self-help and know where to access further support should they need it.	Website Link http://www.iawn.wales.nhs.uk/home	Available 24/7	



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Links Llanelli	Links	Uplifting messages and activities via social media.	Facebook Link https://www.facebook.com/SocialMediaLinks1/	Available 24/7	
Mind Carmarthen	WhatsApp service for general enquiries.	Contact a team member via WhatsApp.	WhatsApp only 07377381806	Mondays, Wednesdays and Fridays 10.00 - 14.00	Email Contact carmsmind132@aol.com
Mind Llanelli	Telephone support and counselling available for existing clients. Contact also available via Facebook	Contact the team via telephone and if necessary, arrange telephone counselling. You can also chat and arrange a call via Mind Llanelli Facebook page.	Call 07551241011 visit the Mind Llanelli Facebook page - https://www.facebook.com/LlanelliMind1/	Call available Sunday and Monday 11.00 - 15.00 Chat via Facebook or request a call Monday and Tuesday 10.00 –16.00 Request a call via Facebook Fridays 10.00 – 16.00	Further details information from Mind Llanelli available here: https://scontent-lht6-1.xx.fbcdn.net/v/t1.0-9/s960x960/91614239_2615594508678124_6322662059846664192_o.jpg?nc_cat=100&nc_sid=110474&nc_oc=AQmmt60SNWRALPLP192sD1BhPa_4ADOfa9hGF2jMafFa0sdHFQbwi6DFNAExht3Uv7I&nc_ht=scontent-lht6-1.xx&nc_tp=7&oh=df7bcb196d4ea9f54f4b091eb72428a0&oe=5EAC8876



<p>Mind Pembrokeshire</p>	<p>Telephone support and social Facebook contact available</p>	<p>Contact the team via phone for mental health support and information, advice and social on Facebook</p>	<p>Call 07496974388 Or email hello@mindpembrokeshire.org.uk</p>	<p>Every day Virtual drop in – Facebook social group 10:00 – 13:00 https://www.facebook.com/groups/2505679903006662/?source_id=899113496807025</p>	<p>Monday to Friday Over 50 or isolating on your own? Telephone befriending 10:00 – 13:00 Martin is here for you on 07813 793 996</p> <p>Tuesday to Friday Experiencing heightened Anxiety or Depression? Mental health telephone support 10:00 – 16:00 Josie is here for you on 07496 974 388</p> <p>Saturday and Sunday Experiencing heightened Anxiety or Depression? Mental health telephone support 10:00 – 13:00 Josie is here for you on 07496 974 388</p> <p>Monday Mums in Mind Facebook social group 13:00 – 15:00 Meet mums, share tips and advice, chat and have fun</p>



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Specialist Child and Adolescent Mental Health – Carmarthenshire					
Organisation	Service Provided	How does it work?	Contact Details	Availability	Notes & Other Contact Details
Area 43	School counsellors	Offer counselling remotely, via Zoom, an online platform using text, audio or video link or over the phone.	Complete the self-referral link https://www.area43.co.uk/referrals/	Monday – Friday 09:30 – 17:00	
Specialist Child and Adolescent Mental Health – Ceredigion					
Organisation	Service Provided	How does it work?	Contact Details	Availability	Notes & Other Contact Details
Area 43	School counsellors	Offer counselling remotely, via Zoom, an online platform using text, audio or video link or over the phone.	To access counselling support, please complete the self-referral link https://www.area43.co.uk/referrals/ A counsellor will contact you directly.	Monday – Friday 09:30 – 17:00	
Older Adult Mental Health – 3 counties (Carmarthenshire, Ceredigion & Pembrokeshire)					
Organisation	Service Provided	How does it work?	Contact Details	Availability	Notes & Other Contact Details
Alzheimer’s Society	Befriending Service Singing Session	Side by side service (befriending) matched with volunteer Singing for the brain session using Zoom	Phone 0333 150 3456 Welsh 0330 094 7400		For more information visit https://www.alzheimers.org.uk/
Learning Disabilities– 3 counties (Carmarthenshire, Ceredigion & Pembrokeshire)					
Organisation	Service Provided	How does it work?	Contact Details	Availability	Notes & Other Contact Details
Pembrokeshire People First	Facebook support group for people with Learning Disabilities	Daily Zoom activities	Check out their Facebook Group for the activity timetable https://www.facebook.com/groups/155197120931/	Facebook group is available 24/7 to look at	Their Facebook group is a closed group, so you will have to request to join.
Pembrokeshire People First	Advocacy for people with	Offers advocacy for people with Learning Disabilities	Phone 01437 769135	Monday – Friday 10:00 – 16:00	



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	Learning Disabilities				
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FACEBOOK LINKS TO COVID 19 SUPPORT FOR COMMUNITIES

Age Cymru Sir Gar: <https://www.facebook.com/Age-Cymru-Sir-Gar-237052943365286/>

Information, Advice & a Listening Ear. What we don't know, we'll try our best to find out for you, keeping you connected with your community.

Carmarthenshire Covid-19 support group <https://www.facebook.com/groups/827580067719862/about/> updated links

Carmarthenshire West & South Pembrokeshire Covid 19 Support Group <https://www.facebook.com/groups/231551228021854/> updated links

Pembrokeshire COVID-19 Support Network <https://www.facebook.com/groups/pembscovid19/>

Pembrokeshire Covid-19 Action & Support Group <https://www.facebook.com/groups/506992673209298/>

Lampeter Corona Virus Support Group COVID 19 <https://www.facebook.com/groups/710463783094284/> updated links

Ceredigion Covid 19 Support Group <https://www.facebook.com/groups/CeredigionCoronavirusSupport/> updated links

Laugharne Township Community Council volunteer plan <https://www.facebook.com/LaugharneTCC/> updated links

Pontyberem Community Council are arranging home deliveries for those Self isolating. 01269 871075

