

## Helplines

<b>Provider</b>	<b>Contact details</b>	<b>Information</b>
<b>The DPJ Foundation</b>	0800 587 4262	Mental health charity supporting those in agriculture with counselling and 24/7 helpline. Free to call.
<b>Tir Dewi</b>	0800 121 4722	Someone to talk to – Farmers can often feel isolated. When you have problems that feeling of isolation can grow until you feel you have nowhere to turn. You can turn to us. Our Freephone number is available between 07.00 and 22.00 every day and will be answered by someone who is ready to share your problems, whatever they are, however big or small. Free to call.
<b>Samaritans</b>	166 123	If you need someone to talk to, we listen. We won't judge or tell you what to do. Free to call.
<b>C.A.L.L</b>	0800 132 737	Mental health Helpline For Wales. Community Advice and Listening Line offering a confidential listening and support service. Free to call.
<b>Childline</b>	0800 1111	Free and confidential help for young people in the UK. Free to call.

<b>Area43</b>	01239 614 566	<p>Provides information, support and training to young people aged 16-25 and counselling services to those aged 10-30.</p> <p>For school age referrals, please ask young people to complete the Self Referral Form on the following link: <a href="https://www.area43.co.uk/referrals/">https://www.area43.co.uk/referrals/</a></p> <p>For 16 - 30 year olds in the Hywel Dda area, please ask them to complete the Registration Form on the following link: <a href="https://www.area43.co.uk/here-for-you/">https://www.area43.co.uk/here-for-you/</a></p> <p>It is also possible to receive support via email or social media contact so we can still issue foodbank vouchers, feminine hygiene products or offer support via chat!</p>
<b>DDAS</b>	03303 639 997 <a href="mailto:CONFIDENTIAL@D-DAS.CO.UK">CONFIDENTIAL@D-DAS.CO.UK</a>	DDAS covers the counties of Carmarthenshire, Pembrokeshire and Ceredigion and we support service users who have drug and/or alcohol problems themselves or who are concerned about someone else's drug and/or alcohol use.
<b>Choices</b>	01554 755779 ADMIN@CHOICESWEST.CO.UK Facebook:Choices Cymru Instagram is: Choiceswest	Specialist Substance Misuse Young Person Service covering Pembrokeshire Ceredigion and Carmarthenshire – working with young people aged 18 or under and their concerned others.
<b>BAROD</b>	Barod.cymru	Drug and alcohol agency. We have a new live web chat on the Barod.cymru website and anyone can speak directly to a substance misuse worker.
<b>IAWN</b>	<a href="http://www.iawn.wales.nhs.uk/home">http://www.iawn.wales.nhs.uk/home</a>	Information on the local primary mental health support service (LPMHSS) in Carmarthenshire, Ceredigion and Pembrokeshire. It aims to provide easily accessible online resources and information on mental health issues to enable people to self-help and know where to access further support should they need it.