Provider	Specialism	Contact details	Further details
Live Fear Free Helpline  Live Fear Free Helpline  Live Fear Free Helpline  Line II Gymorth Byw Heb Ofn  0808 80 10 800	Camdrin Domestig Domestic Abuse	0808 8010800  https://www.welshwomensaid.org.uk/what-we- do/our-services/live-fear-free-helpline/	This support line will provide immediate advice & guidance before signposting to specialist providers in Mid & West Wales.
IDVA Service – (Independent Domestic Violence Advisors)  Hafan Cymru + Pobl  Hafan Cymru + Cymru	High Risk Domestic Abuse	01267 221194 01267 225555 https://www.welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/	
New Pathways  New Pathways	Sexual Violence	01267 235464  http://www.newpathways.org.uk/	Providing a Support Service for Men, Women, children & young people who have experienced trauma, sexual violence or rape.
BAWSO Gwasnaeth Cenedlaethol National Service  Bawso Providing specialist services for BME community	Domestic Abuse & Sexual Violence in Ethnic minorities	0800 7318147 Abertawe / Swansea: 01792 642003 https://bawso.org.uk/our-services/	24 hour helpline Support for men, women and their children in ethnic minorities who are experiencing Domestic Abuse, forced marriage and honour based violence.
CarmDAS Carmarthen Domestic Abuse Services CarmANATHEN DOMESTIC ABUSE SERVICES every step is progress	Domestic Violence	01267 238410 01267 234725 https://www.carmdas.org/	Information & Resources Support & Guidance those experiencing Domestic Abuse. Tips on how to keep yourself and your children safe during COVID- 19 and whilst schools are closed.

Threshold DAS Threshold  CALAN DVS CALAN DVS	Domestic Violence  Domestic Violence	http://threshold-das.org.uk/ enquiries@Threshold-das.org.uk http://www.threshold-das.org.uk/  Ammanford: 01269 597474 enquiries@calandvs.org.uk info@calandvs.org.uk	An organisation committed to the elimination of violence against women, men, children & young people. Providing support to survivors and perpetrators.  Support for individuals (Men, Women, Children and Young People) and families who are experiencing Domestic Abuse.
Dewis / Choice  Dewis Cymru  Have choice and take control	Domestic Abuse for people 60 yrs +	https://www.dewis.wales/the-place-for-wellbeing-in-wales	
SAMARITANS	Listening Service	Tel: 116 123  www.samaritans.org  https://www.samaritans.org/wales/branches/swansea/	A non-judgemental listening service that will not give advice or pressure you in anyway.  24 hour service available to anyone who is going through a difficult time.
Safe Lives  Safe Lives  Ending domestic abuse	Domestic Abuse Support during Covid-19	https://safelives.org.uk	A charity dedicated to ending Domestic Abuse for good. Provides specific guidance during COVID-19
Goleudy  Goleudy  Gwasanaeth Bioddefwyr a Thystian Victim & Vitness Service	Victim & Witness Support	0800 061 4004 goleudy@dyfed-powys.pnn.police.uk	Free Confidential service, providing personal, emotional and practical support for those who are experiencing and witnessing Domestic Abuse,
Childline Childline ONLINE, ON THE PHONE, ANYTIME	Support regarding all issues affecting Well-being.	0800 1111 https://www.childline.org.uk/	Free, private & confidential service, where children & young people can talk about anything. Du to the Covid-19, service is only available from 9am -12midnight.

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Support regarding all issues affecting Well-being.

Freephone: 080880 23456

TEXT: 84001

https://www.meiccymru.org/

Bilingual Service Information, non-judgemental advice and advocacy helpline for children & young people up to the age of 25 years.