





Provider	Specialism	Contact details	Further details
<p><u>Live Fear Free Helpline</u></p> 	<p>Camdrin Domestig Domestic Abuse</p>	<p>0808 8010800 https://www.welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/</p>	<p>This support line will provide immediate advice & guidance before signposting to specialist providers in Mid & West Wales.</p>
<p>IDVA Service – (Independent Domestic Violence Advisors) <u>Hafan Cymru + Pobl</u></p> 	<p>High Risk Domestic Abuse</p>	<p>01267 221194 01267 225555 https://www.welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/</p>	
<p><u>New Pathways</u></p> 	<p>Sexual Violence</p>	<p>01267 235464 http://www.newpathways.org.uk/</p>	<p>Providing a Support Service for Men, Women, children & young people who have experienced trauma, sexual violence or rape.</p>
<p><u>BAWSO</u> Gwasnaeth Cenedlaethol National Service</p> 	<p>Domestic Abuse & Sexual Violence in Ethnic minorities</p>	<p>0800 7318147 Abertawe / Swansea: 01792 642003 https://bawso.org.uk/our-services/</p>	<p>24 hour helpline Support for men, women and their children in ethnic minorities who are experiencing Domestic Abuse, forced marriage and honour based violence.</p>
<p><u>CarmDAS</u> Carmarthen Domestic Abuse Services</p> 	<p>Domestic Violence</p>	<p>01267 238410 01267 234725 https://www.carmdas.org/</p>	<p>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.</p>

<p>Threshold DAS</p> 	<p>Domestic Violence</p>	<p>01554 752422 http://threshold-das.org.uk/enquiries@Threshold-das.org.uk http://www.threshold-das.org.uk/</p>	<p>An organisation committed to the elimination of violence against women, men, children & young people. Providing support to survivors and perpetrators.</p>
<p>CALAN DVS</p> 	<p>Domestic Violence</p>	<p>Ammanford: 01269 597474 enquiries@calandvs.org.uk info@calandvs.org.uk</p>	<p>Support for individuals (Men, Women, Children and Young People) and families who are experiencing Domestic Abuse.</p>
<p>Dewis / Choice</p> 	<p>Domestic Abuse for people 60 yrs +</p>	<p>https://www.dewis.wales/the-place-for-wellbeing-in-wales</p>	
<p>Samaritans</p> 	<p>Listening Service</p>	<p>Tel: 116 123 www.samaritans.org https://www.samaritans.org/wales/branches/swansea/</p>	<p>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.</p>
<p>Safe Lives</p> 	<p>Domestic Abuse Support during Covid-19</p>	<p>https://safelives.org.uk</p>	<p>A charity dedicated to ending Domestic Abuse for good. Provides specific guidance during COVID-19</p>
<p>Goleudy</p> 	<p>Victim & Witness Support</p>	<p>0800 061 4004 goleudy@dyfed-powys.pnn.police.uk</p>	<p>Free Confidential service, providing personal, emotional and practical support for those who are experiencing and witnessing Domestic Abuse,</p>
<p>ChildLine</p> 	<p>Support regarding all issues affecting Well-being.</p>	<p>0800 1111 https://www.childline.org.uk/</p>	<p>Free, private & confidential service, where children & young people can talk about anything. Du to the Covid-19, service is only available from 9am -12midnight.</p>

MEIC



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.