












Provider	Specialism	Contact details	Further details
<p><b>Live Fear Free Helpline</b></p>  <p>0808 80 10 800</p>	<p>Camdrin Domestig Domestic Abuse</p>	<p>0808 8010800</p> <p><a href="https://www.welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/">https://www.welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/</a></p>	<p>This support line will provide immediate advice &amp; guidance before signposting to specialist providers in Mid &amp; West Wales.</p>
<p>IDVA Service – (Independent Domestic Violence Advisors) Hafan Cymru + Pobl</p> 	<p>High Risk Domestic Abuse</p>	<p>01267 221194 01267 225555</p> <p><a href="https://www.welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/">https://www.welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/</a></p>	
<p><b>New Pathways</b></p> 	<p>Sexual Violence</p>	<p>01267 235464</p> <p><a href="http://www.newpathways.org.uk/">http://www.newpathways.org.uk/</a></p>	<p>Providing a Support Service for Men, Women, children &amp; young people who have experienced trauma, sexual violence or rape.</p>
<p><b>BAWSO</b> Gwasnaeth Cenedlaethol National Service</p> 	<p>Domestic Abuse &amp; Sexual Violence in Ethnic minorities</p>	<p>0800 7318147</p> <p>Abertawe / Swansea: 01792 642003</p> <p><a href="https://bawso.org.uk/our-services/">https://bawso.org.uk/our-services/</a></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><b>CarmDAS</b> Carmarthen Domestic Abuse Services</p> 	<p>Domestic Violence</p>	<p>01267 238410 01267 234725</p> <p><a href="https://www.carmdas.org/">https://www.carmdas.org/</a></p>	<p>Information &amp; Resources Support &amp; 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>Domestic Violence</p>	<p><b>01554 752422</b>  <a href="http://threshold-das.org.uk/enquiries@Threshold-das.org.uk">http://threshold-das.org.uk/enquiries@Threshold-das.org.uk</a>  <a href="http://www.threshold-das.org.uk/">http://www.threshold-das.org.uk/</a></p>	<p>An organisation committed to the elimination of violence against women, men, children &amp; young people. Providing support to survivors and perpetrators.</p>
	<p>Domestic Violence</p>	<p><b>Ammanford: 01269 597474</b>  <a href="mailto:enquiries@calandvs.org.uk">enquiries@calandvs.org.uk</a>  <a href="mailto:info@calandvs.org.uk">info@calandvs.org.uk</a></p>	<p>Support for individuals (Men, Women, Children and Young People) and families who are experiencing Domestic Abuse.</p>
	<p>Domestic Abuse for people 60 yrs +</p>	<p><a href="https://www.dewis.wales/the-place-for-wellbeing-in-wales">https://www.dewis.wales/the-place-for-wellbeing-in-wales</a></p>	
	<p>Listening Service</p>	<p>Tel: 116 123  <a href="http://www.samaritans.org">www.samaritans.org</a>  <a href="https://www.samaritans.org/wales/branches/swansea/">https://www.samaritans.org/wales/branches/swansea/</a></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>Domestic Abuse Support during Covid-19</p>	<p><a href="https://safelives.org.uk">https://safelives.org.uk</a></p>	<p>A charity dedicated to ending Domestic Abuse for good. Provides specific guidance during COVID-19</p>
	<p>Victim &amp; Witness Support</p>	<p>0800 061 4004  <a href="mailto:goleudy@dyfed-powys.pnn.police.uk">goleudy@dyfed-powys.pnn.police.uk</a></p>	<p>Free Confidential service, providing personal, emotional and practical support for those who are experiencing and witnessing Domestic Abuse,</p>
	<p>Support regarding all issues affecting Well-being.</p>	<p>0800 1111  <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p>	<p>Free, private &amp; confidential service, where children &amp; 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.meicymru.org/>

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