



Carmarthen Wellbeing Directory: BAME Community Groups:

Race Council Cymru
Carmarthen Cultural Hub
0330 229 0995
<https://racecouncilcymru.org.uk/cultural-hubs/>

BAME Helpline Wales
0300 222 5720
<https://bame.wales/>

BME Mental Health - Diverse Cymru
029 2036 8888
<https://www.diversecymru.org.uk/bme-mental-health/>

EYST Wales
Units B & C
11 St Helens Road
Swansea
SA1 4AB
<http://www.eyst.org.uk/>

Show Racism the Red Card – Wales - Charity
Transport House
1 Cathedral Road
Cardiff
CF11 9SD
<http://www.theredcard.org/>

Stand Up to Racism Wales website
<http://www.standuptoracism.org.uk/>

BAME Mental Health Service
230 High Street
Swansea
SA1 1NY
0800 144 8824
<https://www.bamementalhealth.org/>



BAWSO
BAWSO Cardiff Clarence House
Clarence Road
Cardiff Bay
Cardiff
CF10 5FB
02920 644633
<http://www.bawso.org.uk/>

CGL ACE (Achieving Change Through Employment)
23 St Andrew's Crescent
Cathays
Cardiff
CF10 3DB
<https://www.changegrowlive.org/content/ace-wales>

Ethnic Minority Welsh Women Achievement Association
<https://emwwaa.org.uk/>