



Carmarthen Wellbeing Directory:

Mental Health Wellbeing:

Carmarthen Mind
132a Priory St, Carmarthen SA31 1LR
01267 222990
<https://www.mind.org.uk>

Hafal
8-10 Wood's Row, Carmarthen SA31 1BX
01267 223365
<https://www.hafal.org>

West Wales Action For Mental Health:
18 Queen St, Carmarthen SA31 1JT
01267 245572
<https://www.wwamh.org.uk>

Nurture Centre
1 Nurture Centre SA31 1QG
07943 589305
<http://nurturemagu.com/>

Creative Letters of Kindness
Ffwrnes Fach, Ffwrnes Theatre, Llanelli, SA15 3YE
07972651920
<https://peoplespeakup.co.uk>

Men's Sheds Cymru
Stephen's Way Pensarn Carmarthen SA31 2BG
01267 225536
<https://www.mensshedsymru.co.uk/?fbclid=IwAR0C80mqWvNVVjwch1BQ1inGxtUZKH7kkgVqDPSno0uEosQ9ojgj7eSQHNw>

Allied Healthcare Carmarthen
Carmarthen, Glien House, Cillefwr Industrial Estate, Carmarthen, Dyfed, SA31 3RB.
0800 542 1078
<https://www.alliedhealthcare.com>

Child & Adolescent Mental Health Services
Dolgwili Road, Carmarthen SA31 2AF
01267 674492



The DPJ Foundation
Castle Lake Cottage, Car Park,
Ground Floor Rear Office
(access via, 5 Dark St,) Haverfordwest SA61 2DS
0800 587 4262

Advocacy West Wales/Eiriolaeth
Gorllewin Cymru
Yr Atom
16-18 King Street
Carmarthen, SA31 1BN
01267 223 197

Versus Arthritis – Carmarthenshire
Nurture Centre,
Cambrian Place, John Street,
Carmarthen SA31 1QG
0800 756 3970
0800 5200 520

Carmarthen Domestic Abuse Services
Cambrian Pl,
Carmarthen SA31 1QJ
01267 238410

Team Around the Family
Family Support, Children & Education
Building 2
Parc Dewi Sant
Jobswell Road
Carmarthen, SA31 3HB
01267 246555

Help for Heroes
Shout – A crisis text support service
Text CONTACT to 85258
Forcesline – telephone helpline
0800 731 4880
Together All at www.togetherall.com