



## **Carmarthen Wellbeing Directory: Suicide Awareness Groups:**

### **Mind Carmarthen Age 18 +**

132b Priory Street Carmarthen SA31 1LR

Tel: 01267 222990

Website: [www.mind.org.uk](http://www.mind.org.uk)

Social Services Emergency Out of Hours Service  
Emergency Out of Hours Number Tel: 01558 824283  
Careline Number: (Call centre) 0845 6580445

### **DPJ Foundation**

Ground Floor Rear Office  
5 Dark Street Haverfordwest SA61 2DS

Confidential helpline: 0800 587 4262 Text: 07860 048799  
Email: [contact@thedpjfoundation.com](mailto:contact@thedpjfoundation.com)

Text: 07860 048799 or Phone: 0800 587 4262  
Website: [www.thedpjfoundation.com](http://www.thedpjfoundation.com)

### **Jac Lewis Foundation**

Manor Road Ammanford, Carmarthenshire  
Tel: 07368 828515  
Website: <http://jaclewisfoundation.co.uk/>

### **Community Advice and Listening Line (CALL)**

Tel: 0800 132737  
Text: help to 81066

Website: [www.callhelpline.org.uk](http://www.callhelpline.org.uk)