

## CARDIFF AND VALE ADULT MENTAL HEALTH RESOURCES



A brief directory of (mostly) voluntary agencies offering mental health related advice and support to clients and carers  
4<sup>th</sup> Edition, 2012

Most of the following services are free. A £ sign denotes that there may be a charge.

Condition	Organisation	Details of Service	Telephone
<b>Agoraphobia</b>	'Walkfree' (Cardiff and Vale)	Self help group for people suffering from anxiety problems such as panic attacks, agoraphobia and social phobia	2062 4448
<b>Alcohol &amp; Drug Dependency</b>	Cardiff Alcohol & Drug Team (CADT)	Counselling (by appointment)	20468555
<b>Alcohol &amp; Drug Dependency</b>	Cardiff Alcohol & Drug Team (CADT)	Social Service Team, providing assessment, treatment, rehabilitation (residential day or community programmes) and acupuncture	2046 8568
<b>Alcohol &amp; Drug Dependency</b> (Vale)	Newlands	Confidential services to alcohol and drug users in the Vale	01446 700943
<b>Alcohol &amp; Drug Dependency</b>	Community Addictions Unit	Detox	2046 1742
<b>Alcohol Dependency</b>	Fitzhamon Alcohol Advice Centre	Drop-in day facility providing advice, education, counselling	2038 8003
<b>Alcohol Dependency</b>	Alcoholics Anonymous	Self-help group; meetings daily	0845 769 7555
<b>Alcohol Dependency</b>	Alanon	Fellowship for people whose lives are affected by other people's drinking	020 7403 0888
<b>Alzheimer's</b> (See also	Alzheimer's Society	Advice and help for people with any form of	2048 0593

Condition	Organisation	Details of Service	Telephone
'Dementia')		dementia, their carers and others, including health care professionals	
<b>Bereavement</b>	Cruse	One to one bereavement counselling and bereavement support groups	2022 6166
<b>Bereavement</b>	George Thomas Hospice Centre	Bereavement counselling in addition to hospice service	2052 4150
<b>Bereavement</b> (Child Loss)	Compassionate Friends	Volunteer befriending after child loss	0845 123 2304
<b>Bereavement</b> (Neonatal)	Stillbirth and Neonatal Death Society	National telephone help following stillbirth / neonatal death. May also be able to offer local support	0207 436 5881
<b>Bereavement</b> (By suicide)	Survivors of Bereavement by Suicide	National daily helpline and regular Cardiff meetings	0844 561 6855
<b>Bereavement</b> (By suicide)	Survivors of Bereavement by Suicide	Regular monthly support meetings in Cardiff	07583 911 129
<b>Cancer</b>	Tenovus	Free-phone helpline to oncology nurse specialists and social workers	0808 8081010
<b>Carers</b>	Carers' Centre	Helpline for carers of all client groups	2022 1421
<b>Carers</b>	Cardiff & Vale Crossroads - 'LEAN ON ME' Mental Health Project	Provides Carer's with a break from their caring role, whilst a professional support worker supports the cared for person.	029 2057 7300
<b>Child Abuse</b>	Childline	Helpline for children who are being abused	0800 1111
<b>Child Abuse/Protection</b>	Child Abuse/Protection Referrals	Social Services intake and assessment for children's services	2053 6400
<b>Crime Victims</b>	Victim Support	Telephone and face-to-face emotional support for crime victims	0845 6121 900

<b>Condition</b>	<b>Organisation</b>	<b>Details of Service</b>	<b>Telephone</b>
<b>Debt Problems</b> (see also 'Legal')	Speakeasy	Free professional face-to-face advice on benefits, energy efficiency and housing drop in sessions	2045 3111
<b>Dementia</b>	Solace	Information and emotional support for carers and relatives of people with dementia; telephone counselling, drop- in facility and regular support groups	2052 9848
<b>Dementia</b>	Crossroads Penarth and Vale	Services for carers of older people with dementia and mental health problems, including sitting, day service, counselling and support groups	2070 0057
<b>Depression</b>	Journeys	Self-help organisation with local groups also provides information and training toward recovery from depression	2069 2891
<b>Depression</b>	Bi polar	Telephone helpline, local self-help groups, self-management training and one-to-one mentoring service	01633 244244
<b>Diabetes</b>	Diabetes UK Cymru	Help, support and education to sufferers of diabetes and their families. Also runs self-support group	2066 8276
<b>Domestic Violence</b>	Wales Domestic Abuse Help-Line	Advice (including refuge advice), information and sign-posting for victims of domestic abuse	0808 8010 800
<b>Domestic Violence</b> (Women)	BAWSO	Specialist service for women and children from all minority ethnic communities fleeing domestic violence Offers refuge facilities, on outreach service and emotional, practical and language support	2064 4633
<b>Domestic Violence</b> (Women)	Women's Aid	Supports women and children who have experienced or are currently threatened with	2046 0566

Condition	Organisation	Details of Service	Telephone
		domestic violence and abuse. Specialist teams provide a range of free confidential support services throughout Cardiff.	
<b>Domestic Violence</b>	Dyn Project	The Dyn Project is a safety planning service for gay, bisexual, transgender and heterosexual men who experience domestic abuse in the Cardiff area.	2022 6622
<b>Domestic Violence</b>	Respeu	Advice and information for perpetrators of domestic violence	0808 802 4040
<b>Drug Dependency</b> (See also Alcohol & Drug Dependency)	Inroads	Advice and drop-in centre for drugs users. Also a separate service for young adults	2040 7407
<b>Drug Dependency</b>	Re-solve	Helpline providing information and support to solvent abusers	01785 810 762
<b>Drug Dependency</b>	Alcohol services for all (ASFA)	Group meetings, for those who have experienced an alcohol problem, held every third Friday of the month at 2pm in Cardiff City Hall.	2087 3624
<b>Drug Dependency</b>	CARDUF (Current, Abstinent & Recovering Drug Users Forum)	Group meetings on the first Thursday of every month at 12.30pm in Cardiff City Hall.	2053 7196
<b>Eating Disorders</b>	Eating Disorders Specialist Out-patient Team (EDSOT)	CMHTs can, after assessment of a client, refer to the EDSOT service at Whitchurch Hospital	2033 6578
<b>Eating Disorders</b>	Bulimic Disorders Service	Outpatients service providing 16-20 sessions of CBT for those with Bulimia (for over 18's, referrals from CMHT's)	2033 6578
<b>Eating Disorders</b>	BEAT (Beating Eating Disorders)	Support and encouragement for those experiencing an eating disorder and an	0845 634 1414

Condition	Organisation	Details of Service	Telephone
		opportunity to share personal experiences and coping strategies with others	
<b>General Health</b>	NHS Direct Wales	Health information and advice line for all general health enquiries	0845 4647
<b>Head Injury</b>	Headway	Self-help group for people with head injuries and their carers	2057 7707
<b>HIV</b>	Department of sexual health	Advice on HIV and other sexually transmitted diseases	2047 2244
<b>Homelessness</b>	Marland House (HANR outreach services)	Social support for homeless and vulnerable people in the City Centre	2087 1223
<b>Homelessness</b>	Taff Housing Ty Seren Project	Supported housing to vulnerable young women (aged 16-25 yrs) who are homeless	2049 7379
<b>Homelessness (Single)</b>	Cardiff Action for the Single Homeless	'Open door' emergency bed unit, day centre (trained volunteers)	2034 9980
<b>Housing</b> (See also 'Legal')	Housing Advice Unit	Council run advice centre	2087 1050
<b>Legal</b>	Riverside Advice	Free legal advice on welfare, benefits and debt problems	2034 1577
<b>Legal</b>	Cardiff Law Centre	Specialist legal advice and representation on housing, welfare benefits. Employment clinics and drop in sessions are also available.	2049 8117
<b>Mental Health</b>	Cardiff Concern	Christian charity. Trained counsellors see people of all faiths or none	2066 4410
<b>Mental Health</b>	Cardiff & Vale Mental Health Development Project	A local mental health development service for voluntary sector groups. Also available online at: <a href="http://www.cvmhdp.org.uk">www.cvmhdp.org.uk</a>	029 2022 2000
<b>Mental Health</b>	CCSW	One to one counselling (no charge)	0800 7833540

Condition	Organisation	Details of Service	Telephone
<b>Mental Health</b>	Counselling South Wales (£)	Counselling (some waiting list)	2064 1195
<b>Mental Health</b>	Cardiff Mind	Supported accommodation, tenant support, supported employment project, counselling and day services for adults with mental health difficulties	2040 2040
<b>Mental Health</b>	Barry Mind	Information, advice and resource centre for adults with mental health difficulties	01446 749 743
<b>Mental Health</b>	Gofal	Gofal is a mental health charity providing a range of community based services for people to promote mental wellbeing.	2045 3840
<b>Mental Health</b>	Samaritans	24 Hour telephone help-line to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Open to callers at the door 8am -10pm. No appointment necessary	2034 4022
<b>Mental Health</b>	4Winds	Resource and drop-in centre. Support and information on all issues relating to mental health	2038 8144
<b>Mental Health</b> (Ethnic minorities)	Awetu	Supporting and befriending for Asian and Black people with mental health difficulties	2036 8899
<b>Mental Health</b> (Vocational)	DART (Disability Advisory and Resource Team)	Adult education course, communication skills, sign language and deaf-awareness courses for adults with mental health difficulties, learning disabilities and physical health problems; and advice, information and support in attending mainstream courses	2064 4696
<b>Mental Health</b>	The Women's Workshop	Free courses, for women looking for/returning to	2049 3351

<b>Condition</b>	<b>Organisation</b>	<b>Details of Service</b>	<b>Telephone</b>
(vocational)		work	
<b>Obsessional/Compulsive Problems</b>	Obsess	Self-help group for people with obsessional-compulsive problems; meets monthly in Cardiff	2033 5555
<b>Older Adults</b>	Age Concern	Free information /advice / advocacy for 60 + and carers	2052 7197
<b>Older Adults</b> (Vale)	Crossroads in the Vale (EMI) Ltd.	Services for carers of older people with late-onset mental health problems (particularly dementia), including sitting, day-service, counselling and support and social groups (Charity organisation)	2070 0057
<b>Pain</b>	Pain Management Programme	Support for patients with chronic pain (GP and Consultant referral only)	2031 6943
<b>Panic Attacks</b>	Walkfree (Cardiff and Vale)	Self help group for people suffering from anxiety problems such as panic attacks, agoraphobia and social phobia	2062 4448
<b>Pregnancy</b>	British Pregnancy Advisory Service (BPAS) (£)	Termination; vasectomy & vasectomy reversal; sterilization; pre/post abortion counselling	0845 7304030
<b>Rape &amp; Sexual Abuse</b>	New Pathways	Counselling for men, women, children and young people affected by rape or sexual abuse, recently or in the past	01685 379310
<b>Relationship Problems</b>	Relate (£)	Trained counsellors provide help with relationship problems	01633 880 960
<b>Schizophrenia</b>	Hafal	Support / Advice / Carers' Meetings / Employment Training for people with serious mental illness. Dedicated carers' advocacy officer	2056 5959
<b>Schizophrenia</b>	Hearing Voices Group	Meetings are held fortnightly on a Monday at Bethel Baptist Church Hall	07521 694 234
<b>Self Harm</b>	The Basement Project	Information on self-harm and abuse and advice	01873 856524

Condition	Organisation	Details of Service	Telephone
		about resources	
<b>Self Harm Ages 16-25</b>	The Amber Project	Support, information, counselling, drop in for young people (16-25) who have experienced self-harm	2034 4776
<b>Self Harm</b>	Cardiff Adult Self Injury Project (CASIP)	Offers support groups for adults who self injure and a variety of activities. Referral from healthcare professional needed.	075 3609 0430
<b>Separation</b> (marital)	Family Mediation Cardiff	Family mediation helps couples who are experiencing divorce/separation make decisions about children, property and financial issues	2022 9692
<b>Sexual problems</b>	Relate (£)	Trained counsellors provide help with sexual problems	01633 880 960
<b>Student Service</b> (Cardiff University)	Cardiff University Student Counselling Service	Counselling and support services for students at Cardiff University	2087 4966
<b>Student Service</b> (Cardiff University)	Nightline	Student volunteers provide 8 pm to 8 am telephone contact (for students only)	2087 0555
<b>Student Service</b> (College of Medicine)	UWCM Student Support Services	Counselling and support services for students	2074 2070
<b>Student Service</b> (Uni. Glamorgan)	University of Glamorgan Student Counselling	Counselling and welfare rights advice	01443 482080
<b>Student Service</b> (UWIC)	UWIC Student Counselling Services	Counselling and support services for UWIC students	2041 6170
<b>Youth</b>	Grassroots	Advice line, drop-in centre, workshops, support for 16-25 yr olds	2023 1700