

Provider	Specialism	Contact details	Further details
<u>Live Fear Free Helpline</u> 	Camdrin Domestig Domestic Abuse	0808 8010800 https://www.welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/	This support line will provide immediate advice & guidance before signposting to specialist providers in Mid & West Wales.
IDVA Service – (Independent Domestic Violence Advisors) <u>Hafan Cymru + Pobl</u> 	High Risk Domestic Abuse	01267 221194 01267 225555 https://www.welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/	
<u>New Pathways</u> 	Sexual Violence	01267 235464 http://www.newpathways.org.uk/	Providing a Support Service for Men, Women, children & young people who have experienced trauma, sexual violence or rape.
<u>BAWSO</u> Gwasnaeth Cenedlaethol National Service 	Domestic Abuse & Sexual Violence in Ethnic minorities	0800 7318147 Abertawe / Swansea: 01792 642003 https://bawso.org.uk/our-services/	24 hour helpline Support for men, women and their children in ethnic minorities who are experiencing Domestic Abuse, forced marriage and honour based violence.
<u>CarmDAS</u> Carmarthen Domestic Abuse Services 	Domestic Violence	01267 238410 01267 234725 https://www.carmdas.org/	Information & Resources Support & Guidance those experiencing Domestic Abuse. Tips on how to keep yourself and your children safe during COVID-19 and whilst schools are closed.

Threshold DAS 	Domestic Violence	01554 752422 http://threshold-das.org.uk/enquiries@Threshold-das.org.uk http://www.threshold-das.org.uk/	An organisation committed to the elimination of violence against women, men, children & young people. Providing support to survivors and perpetrators.
CALAN DVS 	Domestic Violence	Ammanford: 01269 597474 enquiries@calandvs.org.uk info@calandvs.org.uk	Support for individuals (Men, Women, Children and Young People) and families who are experiencing Domestic Abuse.
Dewis / Choice 	Domestic Abuse for people 60 yrs +	https://www.dewis.wales/the-place-for-wellbeing-in-wales	
Samaritans 	Listening Service	Tel: 116 123 www.samaritans.org https://www.samaritans.org/wales/branches/swansea/	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.
Safe Lives 	Domestic Abuse Support during Covid-19	https://safelives.org.uk	A charity dedicated to ending Domestic Abuse for good. Provides specific guidance during COVID-19
Goleudy 	Victim & Witness Support	0800 061 4004 goleudy@dyfed-powys.pnn.police.uk	Free Confidential service, providing personal, emotional and practical support for those who are experiencing and witnessing Domestic Abuse,
ChildLine 	Support regarding all issues affecting Well-being.	0800 1111 https://www.childline.org.uk/	Free, private & confidential service, where children & young people can talk about anything.

			Due to the Covid-19, service is only available from 9am - 12midnight.
MEIC 	Support regarding all issues affecting Well-being.	Freephone: 080880 23456 TEXT: 84001 https://www.meiccymru.org/	Bilingual Service Information, non-judgemental advice and advocacy helpline for children & young people up to the age of 25 years.
WEST WALES DOMESTIC ABUSE SERVICE  	Still supporting women, children and men experiencing abuse during the Covid-19 Lockdown	Ceredigion North – 01970 625585 Ceredigion South – 01239 615385 Or contact on Facebook or Messenger. Just search 'West Wales Domestic Abuse Service'	