

Wellbeing Services currently running during the Coronavirus outbreak

Age Cymru – offering a ‘check-in-and-chat’ telephone service for anyone over 70 in Wales who lives alone.

Tel: 08000 223 444

Email: enquiries@agecymru.org.uk

Age Cymru West Glamorgan – offering a free telephone service for people over 70 or people 50 and living with a health condition or disability to help people get urgent supplies, access services or simply chat.

Tel: 01792 648886

Email: enquiries@agecymruwestglamorgan.org.uk

Anxiety UK – offering telephone support for people living with anxiety and anxiety-based depression by providing information, support and understanding. Also has a page dedicated to specific support around the coronavirus.

Web: <https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

Web: www.anxietyuk.org.uk

Tel: 03444 775 774 / **Text Service:** 07537 416 905

Asylum Justice - offering free legal advice and representation to asylum seekers, recognised refugees and other vulnerable migrants. Clients can access telephone advice on the following numbers at the following times:

Monday evenings between 6 and 8 pm: Please call: 07983 176230 or 07395 959299

Thursday evenings between 6 and 8 pm: Please call: 07983 176230 or 07752 275065

Any urgent queries around these times can be e-mailed to: r.brown@asylumjustice.org.uk

Barod, Swansea – Telephone support for adults and young people experiencing substance misuse issues. People are still able to self-refer to the service via AADAS on 01792 530719 whether they live in Swansea, Neath or Port Talbot.

Barod’s young people’s support service Choices, are offering new and existing service users digital support sessions and assessment through phone and text Monday to Friday.

Barod are now providing a needle exchange service in Swansea between the hours of 10 – 3pm (Monday to Friday).

Address: 73/74 Mansel Street, Swansea, SA1 5TR

Tel: 01792 472002

Better Jobs Better Futures - Supporting people seeking new or better employment. Currently running remotely. Referrals or queries can be sent through to the following email or on the website.

Email: info@betterjobsbetterfutures.wales

Web: <https://www.betterjobsbetterfutures.wales/>

Bipolar UK – Bipolar UK eCommunity: our eCommunity is a supportive online forum for everyone affected by bipolar. Join via our website - bipolaruk.org/ecommunity.

Bipolar UK Peer Support Line: receive a call back from a staff member who has been affected by the illness themselves. To arrange a call back, leave an email info@bipolaruk.org

Tel: 07591 375544

Web: bipolaruk.org

Bipolar UK Chatbot: our chatbot has a wealth of information and will be able to answer a number of queries. You can find the Chatbot at the bottom right hand corner of our website: bipolaruk.org

C.A.L.L. - Emotional support and information on Mental Health and related matters.

Web: www.callhelpline.org.uk

Tel: 0800 132 737 / **Text:** 'help' with your question to 81066

Chinese In Wales Association - providing advocacy, advice, information and signposting service (remotely). Telephone and webchat communication is opening at 9-5pm Monday to Saturday.

Tel: 01792 469919

Email: info@chineseinwales.org.uk

Web: <https://chineseinwales.org.uk/>

Facebook: @Chineseinwales

Connect Project – supporting people identifying as experiencing mental health or learning difficulties. Currently offering telephone support to its members.

Phone Support is available:

Monday: 1pm - 4pm, Wednesday: 1pm - 4pm and Friday: 1pm - 4pm.

Tel: 01792 465383

Cruse Bereavement Care – offering bereavement support currently via telephone.

Tel: 0808 808 1677

Email: crusecymru@cruse.org.uk

Web: <https://www.cruse.org.uk/>

FAN (Friends and Neighbours) groups in Swansea – links friends and neighbours in local communities. Currently working on alternative arrangements for 'virtual' meetings via Zoom, so if you know anyone who may benefit from joining in with this please contact Philippa Wisdom -

Tel: 07938978397

GivingWorld.org.uk - providing free of charge clothing, food items, toiletries, cleaning and household products so the most vulnerable people in our communities can stay safe and well. To register and access free of charge business surplus stock, please visit:

Web: <https://www.givingworld.org.uk/charity/>.

Browse the available products here: <https://products.givingworld.org.uk/product-categories/>

Email: admin@givingworld.org.uk

Hafan Cymru - provides accommodation and support to women, men, their children and young people across Wales. Currently running drop in via the telephone. This service will be available Monday–Thursday 09:00-16.30 and Friday 09.00-16.00.

Tel: 07917 771320.

Live Fear Free Helpline – Open 24/7 to listen to and support victims of domestic abuse and sexual violence.

Tel: 0808 80 10 800

Text: 078600 77 333

Webchat: www.gov.wales/live-fear-free

Email: info@livefearfreehelpline.wales

Maggies - Benefits Advice - This service is available for anyone diagnosed with cancer and for people caring for someone with cancer, currently via telephone and email.

Tel: 01792 200 000

Email: enquiries@maggiescentres.org

Men's Wellbeing Group – peer support group for men, normally run from Swansea Wellbeing Centre. This group is currently running online every Friday between 11am and 1pm via this link:

<https://chat.whatsapp.com/HXjROqMmz7j8vOlu5BlhPj>

Mental Health Matters - currently providing telephone befriending support to people with mental health needs.

Tel: 01656 651450

Web: www.mhm.org.uk

Mind Infoline - provides information on a range of topics including types of mental distress, where to get help, drug and alternative treatments and advocacy.

Available Monday – Friday from 9am-6pm

Tel: 0300 123 3393 / **Text:** 86463

Web: info@mind.org.uk / <https://www.mind.org.uk/information-support/helplines/>

(When pop-up box appears, then Web Chat available)

Platform, State of Mind Project- work with young people using a combination of peer support and workshops to develop skills and strategies to promote wellbeing. The team are currently in the process of setting up a Vimeo channel where they will be uploading positive messages and videos for young people at this challenging time.

Web: <https://platform.org/project/young-people/>

Samaritans – Emotional support for those experiencing feelings of distress or despair, including those which could lead to suicide. 24/7, 365 days a year. Many volunteer shifts cannot be covered due to the coronavirus so it is very possible that some callers will not be able to get a response.

Freephone: 116 123 / **Text:** 07725 90 90 90 (UK)

Email: jo@samaritans.org

Web: www.samaritans.org

Sensory Team, Swansea - Swansea Social Services has a Sensory Services Team which includes specialist social workers and care managers who support people with sensory loss. They can provide a range of information, specialist advice and practical support.

Currently available Monday – Friday from 9am-1pm

Tel: 01792 315969

SNAP Cymru – provides information, advice and support for parents, children and young people who have, or may have, special educational needs or disabilities. Currently offering support to via telephone and email.

Tel: 0808 801 0608 or to make a referral, visit www.snapcymru.org/contact

South Wales Victim Focus - Offering help and support to anyone in South Wales affected by crime, currently via telephone, email or text.

Tel: 0300 303 0161

Web: victimsupport.org.uk

Swansea Women's Aid – offers empowerment, safety and support for women and children experiencing domestic abuse.

Tel: 01792 644 683

Web: <http://swanseawomensaid.com/>

Wellbeing Through Work – confidential service to help maintain your health & wellbeing at home and work. The service is for people who have a contract of employment and living or working in the areas of NPT, Swansea and Bridgend.

Tel: 0845 601 7556 (between 9am – 5pm Monday–Friday)

Web: www.wellbeingthroughwork.org.uk

Email: wtw@wales.nhs.uk