

External Support Services Violence against women domestic abuse and sexual violence**Gwasanaeth Cefnogi allanol Trais yn erbyn menywod, cam-drin domestig a thrais rhywiol****Live fear free Helpline / Llinell Gymorth Byw Heb Ofn 0808 80 10 800**

Area / Ardal	Name of Support Service / Enw gwasanaeth Cefnogi	Address / Website address / Cyfeiriad / cyfeiriad gwefan	Tel No / Rhif Ffon
National helplines	ADYTUM Counselling Service Wales	http://www.adytum.co.uk/	Tel. No. – 01792 850300
	C.A.L.L. Helpline	www.callhelpline.org.uk	Tel. No. – 0800 132 737 Text: help to 81066
	Live Fear Free Helpline	www.livefearfree.gov.wales info@livefearfreehelpline.wales	Tel. No. - 0808 80 10 800 (24 hours)
Dyfed Powys Police	Dyfed Powys Police		Tel No - 101
Carmarthenshire County Council (Staff)	Occupational Health & Wellbeing Service		Tel No - 01267 246060
Ammanford and Swansea Valley	Calan Domestic Violence Service Amman Valley	2 Church Street, Ammanford, SA18 2NR	Tel. No. – 01269 597474 National helpline number (live fear free – 0808 80 10 800)
	Calan DVS Ystradgynlais Community Office	Community Office, Ysgol Golwg Y Cwm, Hendre Ladus, Penrhos, Ystradgynlais, SA9 1SE	Tel. No. – 01874 625146 (24 hours) Tel. No. – 01639 846078 (9am – 5pm)
Carmarthen Area	Carmarthen Domestic Abuse Services	5-6 Queen Street, Carmarthen, SA31 1RJ	Drop in Tel. No. - 01267 238410 Refuge Tel. No. - 01267 234725 National helpline number 24 hours (live fear free – 0808 80 10 800)

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	Elm Tree House – Sexual Assault Referral Centre	West Wales General Hospital, Dolgwili Road, Glangwili, Carmarthen, SA31 2AF	Tel. No. - 01267 235464 Out of hours Tel. No. – 07423 437020
	Hafan Cymru(Head Office) – housing and support	Stephens Way, Pensarn, Carmarthen, SA31 2BG	Tel. No. - 01267 225555
Ceredigion and Pembrokeshire	Canolfan Helygen – Mid Wales Rape Support Centre	46 Great Darkgate Street, Aberystwyth, SY23 1DE	Tel. No. – 01970 610124 Out of hours Tel. No. – 07423 437020
	Seren (help for survivors of sexual abuse)	PO Box 24, Fishguard, SA65 0AH http://seren-wales.org.uk/	Tel. No. – 0845 4561657 / 01654 700659
	West Wales Domestic Abuse Service	PO Box 5, Cardigan, SA43 1LE	Tel. No. – 01239 615385 (Cardigan) Tel. No. – 01970 612225 (Aberystwyth)
Llanelli Area	Threshold DAS– Llanelli	32 Station Road, Llanelli, SA15 1AN	Tel. No. – 01554 752422 (office) Tel. No. – 01554 741212 (24 hour) National helpline number (live fear free – 0808 80 10 800)
Mid Glamorgan	Calan DVS – Bridgend	PO Box 26, Bridgend, CF31 3YJ	Tel. No. – 01656 766139 Out of hours - National helpline number (live fear free – 0808 80 10 800)
	Hartshorn House Health and Wellbeing Centre	1 st Floor, Hartshorn House, Neath Road, Maesteg, CF34 9EE	Tel. No. – 01656 738320
Rhondda and South Powys	Calan Domestic Violence Service South Powys	Po Box 24, Brecon, LD3 7WD	Tel. No. – 01874 625146 National helpline number (live fear free – 0808 80 10 800)

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	New Pathways Rape Crisis and Sexual Abuse Support Service	Willow House, 11 Church Street, Merthyr Tydfil, CF47 0BS	South Wales Tel. No. – 01685 379310 Mid Wales Tel. No. – 01970 610124 Out of hours Tel. No. – 07423 437020
	Women's Aid – RCT	45 Morgan Street, Pontypridd, CF37 2DS	Tel. No. – 01443 491528 (24 hours) or 01443 400791 National helpline number (live fear free – 0808 80 10 800)
Neath/Port Talbot Area	Women's Aid – Port Talbot and Afan Valleys Now Known as THRIVE	PO Box 20, Port Talbot, SA13 1AA	Tel. No. – 01639 894864 National helpline number (live fear free – 0808 80 10 800)
Swansea Area	Beech Tree centre – Sexual Assault Referral Centre	New Pathways, Emily Phipps House, Hendrefoelan Student Village, Killay, Swansea, SA2 7NB	Tel. No. - 01792 206885 Out of hours Tel. No. – 07423 437020
	Calan DVS (Domestic Violence Service)	PO Box 503, Pontardawe, Swansea, SA8 4WN	Tel. No. – 01792 862035 National helpline number (live fear free – 0808 80 10 800)
	City and County of Swansea Tenancy Support Unit	71 Creswell Road, Clase, Swansea, SA6 7LA	Tel. No. – 01792 774320/ 01792 774360
	Women's Aid – Swansea		Tel. No. – 01792 644683 (24 hours) National helpline number (live fear free – 0808 80 10 800)
Age Concern	Age Cymru – Swansea Bay	Ty Davies, Tawe Business Village, Phoenix Way,	Tel. No. – 01792 648866

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		Llansamlet, Swansea, SA7 9LA	
Black and Ethnic Minority	Swansea Bay Racial Equality Council	Mansel House, Mansel Street, Swansea, SA1 5UE	Tel. No. – 01792 457035
	BAWSO (Black and ethnic minority) Women's Aid – Swansea	63 Mansel Street, Swansea, SA1 5TN	Tel. No. – 01792 642003 National helpline number – 0800 731 81 47
LGBT	LGBT Cymru Helpline and Counselling Service	c/o 92 Corporation Avenue, Llanelli, SA15 3SR	Tel. No. - 0800 840 2069 (national helpline number)
Young People	Info-Nation (youth information centre)	47 The Kingsway, Swansea, SA1 5HG	Tel. No. – 01792 484010/ 07930 328607