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**hafal**

for recovery  
from serious  
mental illness



# Support for **mental health carers** in Wales

If you are the carer of a person with a mental illness this leaflet will provide you with the information you need to find out where you can get support and advice.

Hafal is Wales' principal charity run by people with serious mental illness and their carers. Hafal provides a variety of services for carers of people with a mental illness across Wales. All Hafal's services stem from our unique **Recovery Programme** which empowers clients to make a step-by-step recovery plan, to look at all aspects of their life and set goals, and to take control of their lives. Carers are of course key supporters of the people they care for as they work towards recovery.

Hafal provides a range of services and support specifically for carers. These include:

- **family support**: working closely with carers and family members to provide the best support for clients
- **advocacy**: supporting carers by representing their interests
- **breaks for carers**: engaging a person being cared for in an activity so that carers can take a break
- **accessible information and advice**: providing carers with the latest news and information relevant to them
- **mutual support**: enabling carers to support each other through **carers' groups**
- **giving carers a voice**: especially in the planning of local services
- **awareness raising**: highlighting carers' rights, such as the right to have a needs assessment under the Care Programme Approach.

## All-Wales Mental Health Carers Forum

In 2004 Hafal set up the groundbreaking **All-Wales Mental Health Carers Forum** especially to address the needs of the carers of people with mental illness. The Forum now provides a much needed voice for carers on a national level, focusing on concerns such as:

- **the provision of breaks for carers services**
- **raising the profile of mental health carers**
- **the commissioning of mental health services**
- **implementing the Carers' Measure**

The Forum is also open to individuals and groups not affiliated to Hafal. For more information about the activities of the Forum, or to become involved, contact the All-Wales Mental Health Carers Forum Convener c/o: Operations, Hafal, former Gellinudd Hospital, Lôn Catwg, Pontardawe, Neath Port Talbot, SA8 3DX (Tel:01792 832 400; Email: carersforum@hafal.org).

For more information on carers' services in your area, see details of local services overleaf.

To keep up to date follow us  
on Facebook and Twitter



# Your local carer services

## Hafal Blaenau Gwent

- Advice and support for Carers
- Breaks for Carers
- Resource Centre

**Tel:** 01495 214 715

**Email:** [blaenaugwent@hafal.org](mailto:blaenaugwent@hafal.org)

**Carers Participation Officer:**  
01433 879725

## Hafal Bridgend

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Out-of hours Helpline
- Carers Link meetings
- Carers Computer Classes
- Advocacy
- Voice in planning
- Breaks for Carers

**Tel:** 01656 732 085

**Email:** [bridgend@hafal.org](mailto:bridgend@hafal.org)

## Hafal Caerphilly

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Breaks for Carers
- Carers Support Group

**Tel:** 01443 879 725

**Email:** [hyderus@hafal.org](mailto:hyderus@hafal.org)

## Hafal Cardiff

- Advice and support for Carers
- Carers Advocacy Service
- Carers Support Group
- Seibiant Service
- Carers Garden Service

**Tel:** 029 2056 5959

**Email:** [cardiff@hafal.org](mailto:cardiff@hafal.org)

## Hafal Carmarthenshire

- One-to-one/telephone advice and support for Carers
- Ammanford Carers Support Group
- Carmarthen Carers Support Group
- Llanelli Carers Support Group

**Tel:** 01267 223 365

**Email:** [carmarthenshire@hafal.org](mailto:carmarthenshire@hafal.org)

## Hafal Ceredigion

- Advice and support for Carers
- Breaks for Carers

**Tel:** 01970 624 756

**Email:** [ceredigion@hafal.org](mailto:ceredigion@hafal.org)

## Hafal Conwy

- Advice and support for Carers
- Carer/Family Support
- Carers Support Group
- Carers Assessments Service
- Training for Carers

**Tel:** 01492 860 926

**Email:** [aberconwy@hafal.org](mailto:aberconwy@hafal.org)

## Hafal Denbighshire

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Carers Support Group
- Breaks for Carers
- Training for Carers

**Tel:** 01745 443 050

**Email:** [denbighshire@hafal.org](mailto:denbighshire@hafal.org)

## Hafal Flintshire

- Advice and support for Carers
- Carer/Family Support and Service
- Training for Carers
- Acute family support
- Substance misuse support for families
- Carers Support Group
- Breaks for Carers

**Tel:** 01352 750 252

**Email:**  
[flintshirefamilysupport@hafal.org](mailto:flintshirefamilysupport@hafal.org)

## Hafal Gwynedd

- Advice and support for Carers
- Courses for Carers
- Carer/Family Support and Advocacy Service
- Advice/information service for Carers
- Carers Support Group meetings

**Tel:** 01766 512 756

**Email:** [gwyneddarosfa@hafal.org](mailto:gwyneddarosfa@hafal.org)

## Hafal Merthyr Tydfil

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Carers Support Group
- Breaks for Carers

**Tel:** 01685 373 322

**Email:** [merthyr@hafal.org](mailto:merthyr@hafal.org)

## Hafal Monmouthshire

- Advice and support for Carers
- Breaks for Carers

**Tel:** 01633 264 763

**Mobile:** 07844 702 747

**Carers Participation Officer:**

07964109853

## Hafal Neath & Port Talbot

- Advice and support for Carers
- Breaks for Carers

**Tel:** 01639 899 122

**Email:** [npt@hafal.org](mailto:npt@hafal.org)

## Hafal Newport

- Advice and support for Carers
- Breaks for Carers
- Carers Support Group
- Resource Centre

**Tel:** 01633 264 763

**Email:** [newport@hafal.org](mailto:newport@hafal.org)

**Carers Participation Officer:**  
07964109853

## Hafal Pembrokeshire

- Carer/Family Support
- Advice and support for Carers
- Carers Assessments
- Training for Carers
- Breaks for Carers

**Tel:** 01834 844 177

**Email:** [tri@hafal.org](mailto:tri@hafal.org)  
[pembsfamilysupport@hafal.org](mailto:pembsfamilysupport@hafal.org)

## Hafal Powys

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Breaks for Carers

**Tel:** 0787 50373525

**Email:** [powys@hafal.org](mailto:powys@hafal.org)

## Hafal Rhondda Cynon Taf

- Advice and support for Carers

**Tel:** 01685 884 918

**Email:** [rcttower@hafal.org](mailto:rcttower@hafal.org)

## Hafal Swansea

- Advice and support for Carers
- Breaks for Carers
- Carers Support Group

**Tel:** 01792 466 990

**Email:** [swansea@hafal.org](mailto:swansea@hafal.org)

## Hafal Torfaen

- Advice and support for Carers
- Carer/Family Support

**Tel:** 01633 264 763

**Email:** [torfaen@hafal.org](mailto:torfaen@hafal.org)

**Mobile:** 07844 702 747

## Hafal Vale of Glamorgan

- Advice and support for Carers
- Carer/Family Support
- Carer Support Groups

**Tel:** 01446 733 331

**Email:** [valeofglamorgan@hafal.org](mailto:valeofglamorgan@hafal.org)

## Hafal Wrexham

- Advice and support for Carers
- Carer/Family Support and Advocacy Service
- Monthly Carers Support Group
- Breaks for Carers
- Carers Assessments Service

**Tel:** 01978 310 936

**Email:**  
[wrexhamfamilysupport@hafal.org](mailto:wrexhamfamilysupport@hafal.org)

## Hafal Ynys Mon

- Advice and support for Carers
- Carer/Family Support and Informal Advocacy Service
- Support through the Seibiant Model
- Carers Support Group

**Tel:** 07870 276814

**Email:** [ynysmon@hafal.org](mailto:ynysmon@hafal.org)



Contact of the All Wales Mental Health Forum at: **Hafal Head Office,**

former Gellinudd Hospital, Lôn Catwg, Pontardawe, Neath Port Talbot, SA8 3DX

**Tel:** 01792 832 400 **Fax:** 01792 813 056

**Email:** [hafal@hafal.org](mailto:hafal@hafal.org)

**Web:** [www.hafal.org](http://www.hafal.org)

**Facebook/Twitter:** search for "Hafal"



For general information, contact: **Hafal Head Office,** former Gellinudd Hospital, Lôn Catwg, Pontardawe, Neath Port Talbot, SA8 3DX

**Tel:** 01792 832 400 **Fax:** 01792 813 056

**Email:** [hafal@hafal.org](mailto:hafal@hafal.org)

**Web:** [www.hafal.org](http://www.hafal.org)

**Facebook/Twitter:** search for "Hafal"

### Other useful contacts:

- **Crossroads** ([www.crossroads.org.uk](http://www.crossroads.org.uk)) aims to promote, offer, support and deliver high quality services for carers and people with care needs. They can be contacted by calling: **0845 450 0350.**
- **Carers Wales** ([www.carerswales.com](http://www.carerswales.com)) works for a better deal for all carers in Wales. Contact them on: **029 2081 1370**