NARBERTH TOWN COUNCIL
CYNGOR TREF ARBERTH
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c/o Narberth Community Library, 3 Town Moor Mews, Narberth, Pembrokeshire, SA67 7DF

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PUBLIC STATEMENT

Community Support and Signposting

Recent events have affected many people within our community. Narberth Town Council would like to remind anyone who may be feeling lonely, experiencing low mood, or finding life difficult at the moment that support is available.

It is important to remember that asking for help is a sign of strength, and no one has to face difficult times alone.

If you or someone you know could benefit from support, the following organisations may be able to help:

- **The Sammy-sized GAP** – Local wellbeing support and suicide bereavement support.
- **Pembrokeshire Mind** – Mental health information, advice and wellbeing services.
- **PAVS Community Connectors** – Support to reduce loneliness and social isolation by connecting people with local groups and activities.
- **Dyfed Drug and Alcohol Service (DDAS)** – Advice and support for anyone affected by alcohol or drug use.
- **NHS 111 Wales** – Press Option 2 – 24-hour urgent mental health support.
- **Samaritans** – Free, confidential support, 24 hours a day on **116 123**.
- **C.A.L.L.** Mental Health Helpline for Wales – **0800 132 737** or **text 81066**.
- **PAPYRUS HOPELINE247** (for children and young people under 35, and those concerned about them) – **0300 102 2470** or **text HOPE to 88247**.

If you believe someone is at immediate risk of harm, or there is an emergency, please call 999 immediately.

Narberth is a caring community, and we encourage everyone to look out for one another. Sometimes a simple conversation, a kind word, or checking in with a neighbour, friend or family member can make a significant difference.

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