



Llinell Gymorth Live Fear
Byw Heb Ofn Free Helpline

0808 80 10 800 

ffôn • tecst • sgwrsio byw • ebost
call • text • live chat • email



Domestic abuse, sexual violence and/or other forms of violence against women can affect us all. If you need help, support or are concerned about someone, we are here to talk over the phone, online or via email any time of the day or night. For confidential information, advice or support contact the Live Fear Free Helpline...



Phone: **0808 80 10 800**



Text: **07860 077333**



Email: **info@livefearfreehelpline.wales**



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

Your local specialist support service is:



CarmDAS
GWASANAETHAU CAM-DRIN DOMESTIG
mae pob cam yn gynydd
CARMARTHEN DOMESTIC ABUSE SERVICES
every step is progress



carmdas.org



01267 238410



info@carmdas.org

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LanguageLine
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Welsh Women's Aid