**PTSD Support Groups in Wales**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name of Support Group** | **Condition Supported** | **City (or Virtual)** | **Email** | **Telephone** |
| **Sole Survivor PTSD Support C.I.C.** | PTSD (trauma peer support; online & in-person) | **Virtual** (online meetings) | info@ptsdsupport.co.uk | 07593 112678 |
| **Shadows Depression Support Group** | Depression, PTSD & mental health difficulties | Ammanford (Carmarthenshire) | shadowsdepression16@yahoo.com | 07957 273625 |
| **Anxiety Support Wales** | Anxiety and general mental health | Swansea | anxietyswansea@outlook.com | 07562 290133 |
| **Veterans’ NHS Wales** | Veterans with PTSD & mental health needs | **All Wales** (NHS service) | admin.vnhswc&v@wales.nhs.uk | 02921 832261 |
| **Change Step (Adferiad)** | Veterans with PTSD & related issues | **All Wales** (peer mentoring) | Ask@change-step.co.uk | 0300 777 2259 |
| **Woody’s Lodge** | Veterans (social support & wellbeing) | **Multiple** (S. Wales, N. Wales, W. Wales) | support@woodyslodge.org | 01446 781792 (S. Wales); 01492 533954 (N. Wales); 01559 361328 (W. Wales) |
| **Bulldogs Boxing & Community Activities** | Veterans and families (mental health support) | Port Talbot (Neath Port Talbot) | hello@bulldogsbca.org | 01639 820103 |
| **Caerphilly Veterans Support Hub** | Veterans and families (peer support) | Ystrad Mynach (Caerphilly) | info@caerphillyveteranshub.org | 07476 953677 |
| **Newport Veterans Hub** | Veterans and families (peer support) | Newport | info@newportveteranshub.org.uk | 07735 301163 |
| **Swansea Veterans Hub** | Veterans and families (wellbeing support) | Swansea | info@swanseaveteranshub.org.uk | 07916 227411 |
| **Valley Veterans** | Veterans (PTSD peer support & activities) | Ton Pentre (Rhondda Cynon Taf) | enquiries@valleyveterans.org | 07733 896128 |
| **VC Gallery** (The VC Gallery) | Veterans & community (art therapy & support) | Haverfordwest (Pembrokeshire) | admin@thevcgallery.com | 01437 765873 |
| **The VC Hub (Veterans & Communities Hub)** | Veterans & local community (wellbeing hub) | Connah’s Quay (Flintshire) | refervchub@gmail.com | 07384 338632 |