

HUTS is closed to members but we are offering a telephone support service which is available to anyone over 18 who lives within Ceredigion, Carmarthenshire and Pembrokeshire. HUTS can offer information on a variety of subjects, signpost to other organisations where the help is beyond HUTS' scope as well as suggest links to other support networks in their area. It is entirely possible that you just want to talk about the weather or your favourite TV programme. The reason to talk to someone at HUTS is up to you.

Call 01239 562036.

Mon - Fri 10am to 7pm

Sat 10am to 4pm

Sun 12noon to 6pm

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