



Sources of Help

A&E Departments (24 hour)

Wrexham – Maelor Hospital	01978 291100
Denbighshire – Glan Clwyd, Rhyl	01745 583910
Conwy – Llandudno General	01492 860066
Gwynedd – Ysbyty Gwynedd	01248 384384

Ambulance Service

Welsh Ambulance Services NHS Trust HM Stanley Hospital, St Asaph (Tony Hargreaves/Fran)	01745 589974
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CAIS

H/O, 12 Trinity Square, Llandudno, Conwy, LL30 2RA	01492 872014
DAWN Centre, 35-37 Princes Drive, Colwyn Bay, LL29 8PD	01492 523692

CITIZENS' ADVICE BUREAU (CAB'S)

Wrexham		01978 364639
Flintshire	Flint	01352 733187
	Holywell	01352 711262
	Mold	01352 753520
Denbighshire		
Conwy	Llandudno	01492 876961

COMMUNITY DRUG TEAMS

Deeside Counselling Centre, Rowley's Drive, Shotton, Flintshire, CH5 1PU		01244 831798
	(ex/d)	01244 818110
	(fax)	01244 816920
Claire Riley, drugs s/w		
Mike Reay, drugs s/w		
Nesta Jones, drugs CPN/team leader		
Kevin, Sara, drugs CPN		
Leigh Tindsley/Zoe YPSMS		
Stephanie Baker, CJIW		

NEEDLE SYRINGE EXCHANGE

	01244 818513
Wrexham CDAT, Swn-y-Coed, Grove Road, Wrexham LL11 1DY	01978 261125 (ex/d) 01978 262062 (fax) 01978 262099

Rhyl CDAT, 7 Brighton Road Rhyl, Denbighshire LL18 3EY	01745 338868 (ex/d) 01745 332298 (fax) 01745 361581
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Dilys Edwards, adults
Karen Sparrow, young people

Detox Unit, Hafan Wen, Watery Road, Wrexham, LL13 7NQ	(patients) 01978 313904 (fax) 01978 313917 01978 313903
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Gwynedd CDAT, 3 Llys Gwynedd, Ffordd Gwynedd, Bangor, Gwynedd LL57 1DT	01248 351829
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Chester CDAT	01244 344999
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COUNTY COUNCILS

Wrexham County Borough Council	01978 292000
Flintshire County Council	01352 752121
Denbighshire Couty Council	01824 706000
Conwy County Council	01492 574000

GUM CLINICS

Wrexham	01978 725197
Sue Padmore	01978 725953

HELPLINES

ADFAM National (offers support to families of users and project support for workers)	0171 638 3700
Alcoholics Anonymous (24 hour info line)	01646 695555/ 01639 644871
Child Protection Helpline (NSPCC)	0800 800500
Child/Sexual Abuse	0800 435650
Domestic Violence	0800 435226
Drugs Helpline	0800 776600
MIND (tranquilliser support)	01222 395123
Rape/Abuse Line (men/women)	0808 800 0123
NHS Direct	0845 4647
RELEASE (legal, emergency and drug advice)	0171 729 9904 0171 6038654
SAMARITANS	0845 790 9090
SHELTER	0808 800 4444

Wrexham (Mon, Tues, Thu 10.00am-2.00pm)	01978 353649
Talking Pages	0800 600 900
Victim Support Line	0845 303 0900
Women's Aid	0845 702 3468

HOMELESS OFFICERS

Wrexham	01978 292915
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HOSPITALS

Maelor Hospital, Wrexham (NE Wales NHS Trust)	01978 291100
Glan Clwyd Hospital (Conwy & Denbs NHS Trust)	01745 583910
Gwynedd Hospital (NW Wales NHS Trust)	01248 384384
Deeside Hospital (NE Wales NHS Trust)	01244 830461

HOSTELS/SUPPORTED ACCOMMODATION

Wrexham Foyer (s/a men and women 18-25 years)	01978 262222
Hurstnewton (men and women 18-25 years)	01978 363761
MIND (s/a, mental health referrals)	01978 353086
Plas y Wern, Ruabon (Probation)	01978 821202

MENTAL HEALTH

Flintshire	NSF North Wales, Holywell	01352 718002
Denbighshire		
Conwy	MIND	01492 879907
Gwynedd	Tan-y-maen, Blaenau Ffestiniog	01766 830203
	(confidential help/info – mental health, alcohol, drugs)	

Midwife (drug and alcohol)

Chris Weaver	01978 261125
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NACRO

Housing	
1 st & 2 nd floors Cathedral Chambers, 202 High Street	
Bangor LL57 1NY	01248 371192
Holyhead	01407 762026
Llandudno	01492 860437
Wrexham	01978 314313

Youth Choices, 4a Rhiw Road, Colwyn Bay (Derek Abram)	01492 534674
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NEEDLE PICK-UP SERVICE

(for discarded needles and syringes found in public places)

WREXHAM	(24 hour)	01978 292040
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NIGHT SHELTERS

Wrexham (men only) 01978 355155

North Wales Families against drugs NWFAD 01352 714188
St Marys Church, Regent Street, Wrexham 7.30-9.00pm
Alternate Wednesdays (Yvonne Parker)

POLICE STATIONS

North Wales Police Headquarters 01492 517171

Wrexham area 01978 290222
Deeside area 01244 814444
Flintshire (Mold) area 01352 752321
Denbighshire 01745 852341
Rhyl area 01745 343898
Conwy 01492 511000
Gwynedd North 01286 673333
Gwynedd South 01341 422222
Ynys Mon 01407 762323

Cheshire Constabulary: Headquarters 01244 350000

Chester 01244 350222

PROBATION

Head Office, Alexandra House, Abergele Road,
Colwyn Bay LL29 9YF 01492 513413

Wrexham Ellice Way, Wrexham Technology Park,
Wrexham LL13 7YX 01978 346200
Community Service Office, Kelso House,
13 Grosvenor Road, Wrexham LL11 1BS 01978 291424
Community Service Workshops, Unit 24
Whitegate Ind. Complex, Wrexham LL13 8UG 01978 261751

RELATE

Wrexham 01978 265028
Flintshire Deeside 01244 816634
Denbighshire
Conwy Colwyn Bay 01492 533920
Gwynedd Bangor 01248 352256

SEXUALITY/HIV

Body Positive, Cheshire 01244 400415
LGB Youth Group, Bangor 01248 361334
Lesbian Line, Bangor 01248 351263

London Lesbian & Gay Switchboard 02078 352717

Stepping Stones (counselling) 01978 352717

SOCIAL SERVICES

Emergency out-of-hours	Wrexham	01978 264358
	Flintshire	01352 753403/ 01352 752948
	Denbighshire	01745 331103
	Conwy	01286 675502

WOMEN'S AID (housing advice and support)

Helpline 0845 7023468

Wrexham		
Flintshire	Deeside	01352 830436
	Holywell	01352 712150

Denbighshire		
Conwy – Outreach worker, Mary Colbourne		01492 534705 07770 594520

Aberconwy, Llandudno		01492 872992
	Info office	01492 872202
	Colwyn	01745 822655
	Colwyn Bay	01492 534705/ 07778 737909
Bangor		01248 750903

YOUTH SERVICES

Wrexham		01978 317955
Flintshire		01352 704032
Denbighshire		01824 708214