



Community Based #meek6

Acknowledge  
Strive  
Succeed

# Information Hub

Dedicated support to help those struggling with their **mental health** and well-being for the people of Merthyr Tydfil



**SIGNPOSTED CYMRU**  
Supporting Your Mental Health



Every  
**Wednesday**  
**18:00-**  
**20:00**

## **ACCESS SUPPORT:**

- Safe Space
- Encouragement & Support
- Advice
- Help to find information
- Tea & coffee available

**REDHOUSE,  
HIGH STREET,  
MERTHYR TYDFIL,  
CF47 8AE**

For more information please  
contact:

**[www.talktome@signpostedcymru.com](mailto:www.talktome@signpostedcymru.com)**  
**T: 07946 748780**

Charity Reg No: 1197430