

# MENTAL HEALTH

Agency	Location	Contact details	other information
The Silver line	UK	0800 4 708090	24/7 telephone line for over 60's
Mind	Merthyr Tydfil	01685 707480	
Gamcare	UK	0808 820133 www.gamcare.org.uk	support for people and families affected by gambling
New Pathways	Merthyr Tydfil	01685 379310	support for people affected by rape and sexual abuse and sexual assault
	Merthyr Tydfil	01685 876020	
	Rhondda Cynon Taff	01685 876020	
	North Wales	01492 536577	
	Cardiff and Vale	02920 226166	
Cruse	Swansea	01792 462845	Bereavement Counselling Service
	Caerphilly	02920 886913	
	Newtown Powys	01686 610220	
	Newport	01633 251982	
	West Wales	0800 288 4700	
	National Helpline	0808 808 1677	
		0808 801 0321	
Dyn Wales	Wales	info@dynwales.org	Men domestic abuse support
Action on Elder Abuse Cymru	Wales	0808 808 8141	Helpline for over 60's struggling with abuse
Valleys Steps	Rhondda Cynon Taff	01443 803048 info@valleysteps.org	courses face to face and online for anxiety and stress also 30 min relaxation sessions
	National Helpline	0808 801 0800	
Women's Aid	Merthyr Tydfil	01685 387172	Women domestic abuse support
	Rhondda Cynon Taff	01443 400791	
	Cardiff	02920 460566	
	Bridgend	116 123 (free from any phone)	2 Green Street, Bridgend, CF31 1HF
Samaritans		116 123 (free from any phone)	89-90 High Street, Merthyr Tydfil, CF47 8UH
	South Wales Valleys	0330 094 5717	
	VAMT, Merthyr Tydfil	01685 353900	89-90 High Street, Merthyr Tydfil – 2 <sup>nd</sup> Monday of the month 10:30-1. No need to register
Local Bereavement Support Groups	Rowan Tree Care, Cynon	01443 479369	58-60 Commercial Street, Mountain Ash – last Tuesday of the month 10-11:30am. No need to register