




The information provided below is a brief directory of local and national services that are available to people living within Cwm Taf Morgannwg’s three County Boroughs: Bridgend, Merthyr Tydfil and Rhondda Cynon Taf. This information has been produced with our partners.

The details below are subject to change and service hours may differ from normal over holiday periods. Please check the relevant websites listed below for the most up-to-date information.

**This list is not exhaustive, further details and organisations can be found on website search engines and social media platforms.**

Organisation	Description	Links For Further Details
<p><b>Adferiad</b></p> 	<p>Adferiad is a member-led charity that campaigns for and provides services to people affected by mental ill health, drug or alcohol use, gambling harms, and other challenging circumstances.</p>	<p>Website: <a href="https://www.adferiad.org.uk/">https://www.adferiad.org.uk/</a></p> <p>Email: <a href="mailto:info@adferiad.org">info@adferiad.org</a></p> <p>Telephone: 01792 816600</p>



<p><b>Age Connects Morgannwg</b></p> 	<p>Age Connects Morgannwg is a charity dedicated to supporting older people living in Rhondda Cynon Taf, Bridgend, and Merthyr Tydfil. Their mission is to provide older adults with the help they need, when they need it.</p> <p><b>Services Offered:</b></p> <ul style="list-style-type: none"> <li>• Coffee Mornings - Friendly gatherings to connect with others and combat loneliness.</li> <li>• Cynon Linc - A popular community hub in Aberdare offering classes, activities and café.</li> <li>• Dementia Support - Tailored assistance for individuals living with dementia and their families.</li> <li>• Digi Cafés - Workshops to help older people improve their digital skills.</li> <li>• Hospital Discharge Support - Assistance for a smoother transition from hospital to home.</li> <li>• Information &amp; Advice - Guidance on a variety of topics, from benefits to home adaptations.</li> <li>• LEAP Energy Efficiency - Practical advice on reducing energy bills and staying warm.</li> <li>• Nail Cutting Service - Affordable foot care to promote health and mobility.</li> </ul>	<p>Website: <a href="https://www.ageconnectsmorgannwg.org.uk/">https://www.ageconnectsmorgannwg.org.uk/</a></p> <p>Email: <a href="mailto:information@acmorgannwg.org.uk">information@acmorgannwg.org.uk</a></p> <p>Telephone: 01443 490650</p>
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<p><b>Citizens Advice</b></p> 	<p>Provide support and advice on:</p> <ul style="list-style-type: none"> <li>• Debt</li> <li>• Employments</li> <li>• Benefits</li> <li>• Housing</li> <li>• Health</li> <li>• Consumers</li> <li>• Family's</li> <li>• Law and Courts</li> <li>• Immigration</li> </ul>	<p>Website: <a href="https://www.citizensadvice.org.uk/">https://www.citizensadvice.org.uk/</a></p> <p>Contact Page: <a href="https://www.citizensadvice.org.uk/wales/about-us/contact-us/contact-us/contact-us/">https://www.citizensadvice.org.uk/wales/about-us/contact-us/contact-us/contact-us/</a></p> <p>Telephone:</p> <ul style="list-style-type: none"> <li>• Advice Link (Wales): 0800 702 2020</li> </ul> <p>Help to Claim offers free, independent, confidential and impartial support over the phone to help people make a claim to Universal Credit, delivered by trained advisers from Citizens Advice.</p> <ul style="list-style-type: none"> <li>• Help to Claim (Citizens Advice) – 0800 144 8444</li> <li>• Universal Credit Helpline: 0800 024 1220</li> </ul> <p>Help Through Hardship offers free, independent, confidential advice and Emergency Support. 0808 208 2138</p>
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<p><b>Cruse Bereavement Support</b></p> 	<p>Cruse Bereavement Support help people through one of the most painful times in life with bereavement support, information and campaigning.</p>	<p>Website: <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p> <p>Email: <a href="mailto:Wales@cruse.org.uk">Wales@cruse.org.uk</a></p> <p>Telephone: 0300 1111 003</p> <p>National Helpline: 0808 808 1677</p>
<p><b>Cynon Linc</b></p>  <p>Cynon Linc</p>	<p>Cynon Linc is a vibrant community hub, available to all ages and abilities, set in the heart of Aberdare town centre. It provides a place to eat and socialise, as well as providing spaces for hire and a range of services and facilities available to the local community.</p> <p>Amongst the organisations offering services from Cynon Linc are Age Connects Morgannwg, Maendy Surgery, Simply Nails, Llamau, Signposted Cymru, and the popular Hyb kitchen and coffee shop.</p>	<p>Website: <a href="https://www.cynonlinc.org.uk/">https://www.cynonlinc.org.uk/</a></p> <p>Email: <a href="mailto:reception@cynonlinc.org.uk">reception@cynonlinc.org.uk</a></p> <p>Telephone: 01685 705860</p>


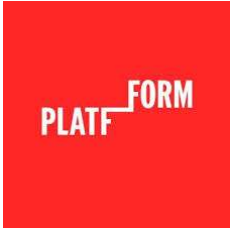
<p><b>Eye to Eye</b></p> 	<p>Eye to Eye is a counselling service for children and young people. They offer free and confidential support for anyone between the ages of 10 - 30.</p> <p>Eye to Eye has a professional trauma response team that are available to assist and support all individuals and organisations across Cwm Taf Morgannwg during a traumatic event. The team can assist with advice, counselling, signposting and staff debriefing.</p>	<p>Website: <a href="https://www.eyetoeye.wales/">https://www.eyetoeye.wales/</a></p> <p>Email: <a href="mailto:info@eyetoeye.wales">info@eyetoeye.wales</a></p> <p>Telephone: 01443 202940</p>
<p><b>Mental Health Matters Wales</b></p>  <p><small>Charity No: 8328843</small></p>	<p>Currently provide the following services and more:</p> <ul style="list-style-type: none"> <li>• Advocacy - Independent Professional Advocacy (IPA), Bridgend only, Community Advocacy, Paid Relevant Persons Representative (PRPR), Nearest Relative Role, 1.2 Representative, Litigation Friend.</li> <li>• Wellbeing Hubs across Bridgend Borough - offers a safe environment, advice and a variety of activities.</li> <li>• Wellbeing Retreat – Out of hours low level crisis/social distress support referral through third sector partners, NHS, LA, etc.</li> <li>• Dementia Hubs – Various locations across Bridgend Borough providing dementia friendly activities/ information for those with Dementia, early onset dementia and their Carers.</li> <li>• SORTED - Share Our Recovery Through Eating Disorders peer support group. Wednesday 5pm to 7pm Union Offices, Quarella Road, Bridgend.</li> <li>• SHARE - Self Harm Awareness Recovery Education Peer support group. Wednesday 3pm to 5pm Union Offices, Quarella Road, Bridgend. And online</li> </ul>	<p>Website: <a href="https://www.mhmwales.org.uk/">https://www.mhmwales.org.uk/</a></p> <p>Email: <a href="mailto:admin@mhmwales.org.uk">admin@mhmwales.org.uk</a></p> <p>Telephone: 01656 767045 or 01656 651450</p>




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	<ul style="list-style-type: none"><li>• Talking Connections, counselling service.</li></ul>	
<p><b>Mind Cwm Taf Morgannwg</b></p> 	<p>Currently provide the following services and more:</p> <ul style="list-style-type: none"><li>• Advocacy – Assists people to resolve issues or difficulties which may impact on their mental or emotional wellbeing.</li><li>• Counselling – Provides a service for people who are experiencing mild to moderate mental health difficulties, providing therapeutic counselling, to improve coping strategies and resilience for people.</li><li>• Supported Self-Help – A guided self-help programme that can help with common mental health problems including stress, anxiety, depression and menopause.</li><li>• Carers Support</li><li>• Veterans Support – counselling and financial entitlements advocacy support.</li></ul>	<p>Website: <a href="https://ctmmind.org.uk/">https://ctmmind.org.uk/</a></p> <p>Email: <a href="mailto:info@ctmmind.org.uk">info@ctmmind.org.uk</a></p> <p>Telephone: 01685 707480</p>
<p><b>New Horizons</b></p> 	<p>Currently provide the following services and more:</p> <ul style="list-style-type: none"><li>• Run a variety of regular creative and social groups.</li><li>• Art &amp; Craft group - Aberdare</li><li>• Creative Writing group - Hybrid</li><li>• Befriending Service - Online.</li><li>• Recovery College Courses covering topics including(Throughout Cwm Taf Morgannwg area &amp; Online:<ul style="list-style-type: none"><li>○ ADHD Awareness</li></ul></li></ul>	<p>Website: <a href="http://newhorizons-mentalhealth.org.uk">http://newhorizons-mentalhealth.org.uk</a></p> <p>Email: <a href="mailto:info@newhorizons-mentalhealth.co.uk">info@newhorizons-mentalhealth.co.uk</a></p> <p>Telephone: 01685 881113</p>





	<ul style="list-style-type: none"> <li>○ Anger Management</li> <li>○ Assertiveness Skills</li> <li>○ Managing Anxiety</li> <li>○ Mental Health &amp; Wellbeing</li> <li>○ Resilience Skills.</li> </ul>	
<p><b>New Pathways</b></p> 	<p>New Pathways:</p> <ul style="list-style-type: none"> <li>● Provide specialist support for adults, children and young people who have been affected by rape, sexual assault or sexual abuse.</li> <li>● Offer face to face, online and telephone services.</li> <li>● Have centres for face to face services across south, west and mid Wales.</li> </ul> <p>Sexual Assault Referral Centres: For Achieve Best Evidence (ABEs) and ongoing support please contact Merthyr SARC: 01685 379310 For acute support and forensic examinations please contact Ynys Saff SARC 02920 33579.</p>	<p>Website: <a href="http://www.newpathways.org.uk">http://www.newpathways.org.uk</a></p> <p>Email: <a href="mailto:enquiries@newpathways.org.uk">enquiries@newpathways.org.uk</a></p> <p>Telephone: 01685 379310</p>
<p><b>Platform</b></p> 	<p>Platform work with people who are experiencing challenges with their mental health, and with communities who want to create a greater sense of connection, ownership and wellbeing in the places that they live.</p> <p>Focuses on Crisis Prevention &amp; Home and Life, Work &amp; Wellbeing.</p> <ul style="list-style-type: none"> <li>● Work with people at risk of housing crises and homelessness.</li> </ul>	<p>Website: <a href="https://platform.org/">https://platform.org/</a></p> <p>Email: <a href="mailto:rctteam@platform.org">rctteam@platform.org</a></p> <p>Telephone RCT Hub: 01685 875508</p>

	<ul style="list-style-type: none"> <li>• Create opportunities for people to identify and harness their skills, connect with peers and feel a valued part of their community.</li> <li>• Those that have struggled with substance use or other wellbeing challenges in the past, working with people to find a new sense of purpose, new skills, or renewed confidence.</li> </ul>	
<p><b>Valleys Steps</b></p> 	<p>Valleys Steps delivers open access face-to-face and online workshops across the Cwm Taf Morgannwg footprint including:</p> <ul style="list-style-type: none"> <li>• Breaking Free From Fear</li> <li>• Coping with Change</li> <li>• Grief and Loss</li> <li>• Sleep</li> <li>• Steps to Wellbeing</li> <li>• Stress management</li> <li>• Managing Difficult Thoughts</li> <li>• Mindfulness for Everyday</li> <li>• 5 ways to Wellbeing</li> <li>• Take Time Out for Wellbeing</li> <li>• Panic and Anxiety</li> <li>• Understanding Anger.</li> </ul>	<p>Website: <a href="http://www.valleysteps.org/">http://www.valleysteps.org/</a></p> <p>Telephone: 01443 803 048</p>
<p><b>NHS 111 WALES</b></p>	<p>NHS 111 Wales is the completely free way to contact the NHS. The NHS 111 Wales website includes symptom checkers and information about local services and should be everyone's first port of call before making a phone call.</p>	<p>Website: <a href="https://111.wales.nhs.uk/">https://111.wales.nhs.uk/</a></p> <p>Telephone: 111</p> <p>For urgent mental health support call 111 and press option 2.</p>








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 <p>NHS 111 Wales A PROFFER CYFFWRTH For urgent mental health support call 111 and press OPTION 2 Healthcare advice you can trust - 24   7 TTLWALES.NHS.UK</p>	<p>The 111 service is available 24 hours a day, seven days a week, and you can use it both for health information and advice and to access urgent primary care.</p> <p>If you need to talk to someone urgently about your mental health, or you're concerned about a family member, call NHS 111 Wales and select option 2.</p>	
<p><b>BAVO</b></p>  <p><b>BAVO</b> Bridgend Association of Voluntary Organisations Cymdeithas Sefydliadau Gwirfoddol Pen-y-bont ar Ogwr</p>	<p>Bridgend Association of Voluntary Organisations (BAVO) is the County Voluntary Council for Bridgend County Borough. They provide free support and assistance to all member community and voluntary groups, not-for-profits and social enterprises in their area.</p>	<p>Website: <a href="https://www.bavo.org.uk/">https://www.bavo.org.uk/</a></p> <p>Email: <a href="mailto:bavo@bavo.org.uk">bavo@bavo.org.uk</a></p> <p>Telephone: 01656 810400</p>
<p><b>Interlink</b></p>  <p><b>interlink</b> Rhondda Cynon Taf</p>	<p>Interlink supports individuals, communities and organisations to work together to make a positive impact on the life of people who live and work in Rhondda Cynon Taf.</p> <p>Interlink is a charity and a County Voluntary Council (CVC) covering Rhondda Cynon Taf as part of a Third Sector Support Wales, a Wales-wide network.</p>	<p>Website: <a href="https://interlinkrct.org.uk/">https://interlinkrct.org.uk/</a></p> <p>Email: <a href="mailto:info@interlinkrct.org.uk">info@interlinkrct.org.uk</a></p> <p>Telephone: 01443 846200</p>
<p><b>VAMT</b></p>  <p>VOLUNTARY ACTION MERTHYR TYDFIL GWEITHREDU GWIRFODDOL MERTHYR TUDFUL</p>	<p>VAMT is the County Voluntary council covering Merthyr Tydfil. VAMT (Voluntary Action Merthyr Tydfil) is a part of Third Sector Support Wales (TSSW), which is a network of support organisations for the third sector. Their shared goal is to enable the third sector and volunteers across Wales to contribute fully to individual and community well-being, now and for the future.</p>	<p>Website: <a href="https://www.vamt.net/en">https://www.vamt.net/en</a></p> <p>Email: <a href="mailto:info@vamt.net">info@vamt.net</a></p> <p>Telephone: 01685 353900</p>




Below is a list of national organisations, which provide mental health telephone and online advice, support and services for people across Wales.



Organisation	Description	Links and Contact Details
<p><b>Age Cymru</b></p> 	<p>Provide life-enhancing services and vital support to people in later life and deliver a range of services across the UK which include:</p> <ul style="list-style-type: none"> <li>• Age friendly Wales</li> <li>• Advocacy</li> <li>• Carers Project</li> </ul>	<p>Website: <a href="https://www.ageuk.org.uk/cymru/">https://www.ageuk.org.uk/cymru/</a></p> <p>Email: <a href="mailto:advice@agecymru.org.uk">advice@agecymru.org.uk</a></p> <p>Telephone: 0300 303 44 98</p>
<p><b>Alzheimer's Society Cymru</b></p> 	<p>Alzheimer's Society is the UK's leading dementia charity. They campaign for change, fund research to find a cure and support people living with dementia today.</p> <p>Their expert Dementia Advisers and trained volunteers are available to speak to by phone or face-to-face.</p>	<p>Website: <a href="https://www.alzheimers.org.uk/about-us/contact-us">https://www.alzheimers.org.uk/about-us/contact-us</a></p> <p>Telephone: 0333 150 34 56</p>
<p><b>Barod</b></p> 	<p>Barod provide free, confidential, non-judgement advice and support to anyone affected by substance use, for both young people and adults, including:</p> <ul style="list-style-type: none"> <li>• 1-2-1 support for people who use drugs or for loved one's affected by someone else's substance use</li> <li>• Needle exchange including access to free Dry Blood Spot Testing for Hepatitis B, C and HIV; naloxone; sexual health advice and harm reduction</li> <li>• Live webchat service via the Barod website, for people seeking advice, information and support</li> </ul>	<p>Live Webchat Service (9am – 9pm Monday to Friday; 10am – 4pm Saturday and Sunday): <a href="https://barod.cymru/">https://barod.cymru/</a></p> <p>Website: <a href="https://barod.cymru/">https://barod.cymru/</a></p> <p>Telephone:</p> <ul style="list-style-type: none"> <li>• DASPA – 0300 333 0000</li> <li>• Over 50s Alcohol Helpline - 0808 801 0750</li> </ul>

	<ul style="list-style-type: none"> <li>• Dedicated support helpline for anyone over 50 affected by alcohol use</li> <li>• Outreach services</li> <li>• Drop in</li> <li>• Group support including SMART Recovery and Moving On In My Recovery</li> <li>• Complementary Therapies</li> <li>• Young Persons Peer Mentoring Service.</li> </ul>	
<p><b>Beat</b></p> 	<p>In addition to a dedicated helpline for Wales (0808 801 0433 or via email (<a href="mailto:Waleshelp@beateatingdisorders.org.uk">Waleshelp@beateatingdisorders.org.uk</a>)), Beat have a range of services available for people who need support for their eating disorder. They also have a range of services available for people who are supporting someone with an eating disorder.</p>	<p>Website: <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a></p> <p>Email: <a href="mailto:Waleshelp@beateatingdisorders.org.uk">Waleshelp@beateatingdisorders.org.uk</a></p> <p>Telephone:</p> <ul style="list-style-type: none"> <li>• Helpline: 0808 801 0433</li> <li>• Student line: 0808 801 0811</li> <li>• Youth line: 0808 801 0711</li> </ul>
<p><b>Bipolar</b></p> 	<p>Bipolar UK is a national charity dedicated to empowering individuals and families affected by bipolar. Peer support is at the core of their work.</p> <p>Integrated service consists of:</p> <ul style="list-style-type: none"> <li>• Peer support groups for people affected by bipolar, facilitated by trained and supported volunteers</li> </ul>	<p>Website: <a href="https://www.bipolaruk.org/">https://www.bipolaruk.org/</a></p> <p>Email <a href="mailto:info@bipolaruk.org">info@bipolaruk.org</a></p> <p>Telephone: 0333 323 3880</p>

	<ul style="list-style-type: none"> <li>• One-to-one peer support provided by telephone and email, recognising that face-to-face support groups and a digital service will not be for everyone.</li> </ul>	
<p><b>British Legion</b></p> 	<p>The Royal British Legion is at the heart of a national network that supports our Armed Forces community.</p> <p>They are the country's largest Armed Forces charity, with 235,000 members, 110,000 volunteers and a network of partners and charities; helping give support wherever and whenever it is needed.</p>	<p>Website: <a href="https://www.britishlegion.org.uk/">https://www.britishlegion.org.uk/</a></p> <p>Telephone: 0808 802 8080</p>
<p><b>C.A.L.L</b></p> 	<p>CALL Helpline is the all Wales Mental Health helpline. It provides emotional support to anyone living in Wales. The helpline operators provide a listening ear to anyone wanting support with their mental health.</p> <p>The Mental Health Helpline service is available 24 hours a day for anyone phoning from Wales and is a bilingual service.</p> <p>Community Advice &amp; Listening Line Offering a confidential listening and support service including:</p> <ul style="list-style-type: none"> <li>• Wales Dementia Helpline</li> <li>• Debt, Housing Or Financial Problems</li> <li>• Staying Safe</li> <li>• Information On MIND Services</li> <li>• Looking After Your Mental Wellbeing</li> <li>• Suicide</li> <li>• Abuse</li> <li>• Eating Disorder</li> </ul>	<p>Website: <a href="https://callhelpline.org.uk/">https://callhelpline.org.uk/</a></p> <p>Email: <a href="mailto:call@helpline.wales">call@helpline.wales</a></p> <p>Telephone: 0800 132 737</p>




<p><b>Carers Wales</b></p> 	<ul style="list-style-type: none"> <li>• Bereavement</li> </ul> <p>Carers Wales provide information and advice on caring, help carers connect with each other, campaign with carers for lasting change, and use innovation to improve services.</p> <p>Whether you care around-the-clock or for a few hours a week, in your own home or for someone at the other end of a motorway – caring can have a huge effect on our lives and our plans.</p>	<p>Website: <a href="https://www.carersuk.org/wales">https://www.carersuk.org/wales</a></p> <p>Telephone: 0800 808 7777</p> <p>Email: <a href="mailto:advice@carersuk.org">advice@carersuk.org</a></p>
<p><b>Child Line</b></p> 	<p>ChildLine is here to help anyone under 19 in the UK with any issue they're going through.</p> <p>You can talk about anything. Whether it's something big or small, trained counsellors are here to support you.</p>	<p>Website: <a href="https://www.childline.org.uk/about/about-childline/">https://www.childline.org.uk/about/about-childline/</a></p> <p>Telephone: 0800 1111</p>
<p><b>DAN 24/7 Wales Drug and Alcohol</b></p> 	<p>The Wales Drug &amp; Alcohol Helpline, also known as DAN 24/7 is a free and bilingual telephone helpline providing a single point of contact for anyone in Wales wanting further information and / or help relating to drugs and / or alcohol.</p> <p>24 Hours a day, 365 days a year. Services available include:</p> <ul style="list-style-type: none"> <li>• Initial assessment to establish an individual's needs.</li> <li>• Signposting to local and regional drug and alcohol services.</li> <li>• Information on drugs and alcohol, and their effects</li> </ul>	<p>Website: <a href="https://dan247.org.uk/">https://dan247.org.uk/</a></p> <p>Email: <a href="mailto:dan@helpline.wales">dan@helpline.wales</a></p> <p>Telephone: 0808 808 2234 Or text <b>DAN</b> to: 81066</p>


	<ul style="list-style-type: none"> <li>• Information and contact details for substance misuse teams, needle exchanges other associated health services.</li> <li>• A wide range of brief interventions including harm reduction and overdose management.</li> </ul>	
	<p>Support people with Parkinson's, families, friends, and carers in Wales. Improving life for everyone affected by Parkinson's.</p>	<p>Website: <a href="https://www.parkinsons.org.uk/">https://www.parkinsons.org.uk/</a></p> <p>Telephone: 0808 800 0303</p>
	<p>Whatever you're going through, call Samaritans free any time on 116 123.</p> <p>A range of support options are available:</p> <ul style="list-style-type: none"> <li>• On the phone</li> <li>• By email</li> <li>• Find a branch</li> <li>• Write a letter</li> <li>• Self-help app.</li> </ul>	<p>Website: <a href="https://www.samaritans.org/">https://www.samaritans.org/</a></p> <p>Telephone: 116 123</p> <p>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>
	<p>If you are feeling stressed, anxious or low you're not alone. SilverCloud is free online therapy treatment promoted by the NHS in Wales that uses proved methods like Cognitive Behavioural Therapy (CBT) to help people aged over 16 manage a range of mild to moderate mental health conditions. CBT works by encouraging you to challenge the</p>	<p>Website: <a href="https://ctmuhb.nhs.wales/services/mental-health/self-help-resources/">https://ctmuhb.nhs.wales/services/mental-health/self-help-resources/</a></p> <p>Email: <a href="mailto:Silver.Cloud@wales.nhs.uk">Silver.Cloud@wales.nhs.uk</a></p>

	<p>way you think and behave so that you're better equipped to deal with life's problems.</p> <p>Choose one of the free, easy-to-use, interactive online mental health and wellbeing programmes to complete over 12 weeks. Once signed up, you can access SilverCloud anywhere, anytime from your mobile, tablet, desktop computer or laptop.</p> <p>The different programmes available cover depression, generalised anxiety, social anxiety, as well as OCD, panic, and phobias.</p>	
<p><b>Veterans NHS Wales</b></p> 	<p>Veterans NHS Wales is a specialised, priority service for individuals who have served in the Armed Forces, at any time in their lives and who are experiencing mental health difficulties related specifically to their military service.</p> <p>Each Local Health Board has appointed an experienced clinician as a Veteran Therapist (VT) with an interest or experience of military (mental) health problems. The VT will accept referrals from health care staff, GPs, veteran charities and self-referrals from ex-service personnel.</p>	<p>Website: <a href="https://www.veteranswales.co.uk/contact">https://www.veteranswales.co.uk/contact</a> and <a href="https://ctmuhb.nhs.wales/services/veterans-nhs-wales/">https://ctmuhb.nhs.wales/services/veterans-nhs-wales/</a></p> <p>Telephone: 01443 443 443 extension: 75411</p>
<p><b>Young Minds</b></p> 	<p>The UK's leading charity fighting for children and young people's mental health.</p>	<p>Website: <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p> <p>Telephone: 020 7089 5050.</p> <p>If you are a parent or carer worried about your child Speak to experts at the Parents Helpline. Call free on 0808 802 5544 (9:30 a.m. – 4 p.m., Mon - Fri).</p>

		<p>Online Chat:  <a href="https://www.youngminds.org.uk/parent/parents-helpline/#Chattousonline">https://www.youngminds.org.uk/parent/parents-helpline/#Chattousonline</a></p>
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### Health Board (NHS) and Local Authorities within the Cwm Taf Morgannwg footprint

Organisation	Description	Contact Details
<p><b>Cwm Taf Morgannwg University Health Board – NHS</b></p> 	<p>Cwm Taf Morgannwg University Health Board provides primary, community, hospital and mental health services to the 450,000 people living in three County Boroughs: Bridgend, Merthyr Tydfil and Rhondda Cynon Taf.</p> <p>Please visit the Cwm Taf Morgannwg University Health Board website for more information on the services available.</p>	<p>Website: <a href="https://ctmuhb.nhs.wales/">https://ctmuhb.nhs.wales/</a></p> <p>Facebook:  <a href="https://www.facebook.com/CwmTafMorgannwg">https://www.facebook.com/CwmTafMorgannwg</a></p> <p>Telephone: 01685 721721, 01443 443443</p>
<p><b>Bridgend County Borough Council</b></p> 	<p>Bridgend County Borough Council website has information including, but not limited to, the following for Bridgend residents:</p> <ul style="list-style-type: none"> <li>• Benefits and Support</li> <li>• Social Care and Wellbeing</li> <li>• Children and Young People</li> <li>• Housing</li> <li>• Schools</li> <li>• Leisure, culture and libraries.</li> </ul>	<p>Website:  <a href="https://www.bridgend.gov.uk/">https://www.bridgend.gov.uk/</a></p> <p>Telephone: 01656 643643</p>
<p><b>Merthyr Tydfil County Council</b></p> 	<p>The Merthyr Tydfil County Council website has information including, but not limited to, the following for Merthyr residents:</p>	<p>Website:  <a href="https://www.merthyr.gov.uk/resident/?lang=en-GB">https://www.merthyr.gov.uk/resident/?lang=en-GB</a></p> <p>Telephone: 01685 725000</p>

	<ul style="list-style-type: none"> <li>• Cost of Living Support and Advice</li> <li>• Housing</li> <li>• Learning</li> <li>• Social Services and Well-being</li> <li>• Jobs and Training.</li> </ul>	<p>Email: <a href="mailto:customer.care@merthyr.gov.uk">customer.care@merthyr.gov.uk</a></p>
<p><b>Rhondda Cynon Taf County Council</b></p>  <p>STRONG HERITAGE   STRONG FUTURE <b>RHONDDA CYNON TAF</b> TREFTADAETH GADARN   DYFODOL SICR</p>	<p>The Rhondda Cynon Taf County Council website has information including, but not limited to, the following for Rhondda Cynon Taf residents:</p> <ul style="list-style-type: none"> <li>• Cost of Living Support</li> <li>• Homelessness advice and support</li> <li>• Schools and Learning</li> <li>• Sports and Leisure</li> <li>• Adults Services</li> <li>• Children and Families</li> <li>• Jobs and Training.</li> </ul>	<p>Website: <a href="https://www.rctcbc.gov.uk/EN/Resident/Resident.asp">https://www.rctcbc.gov.uk/EN/Resident/Resident.asp</a> <a href="#">x</a></p> <p>Telephone General Enquiries: 01443 425005</p>