




The information provided below is a brief library 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 in partnership with Local Authority and Third Sector partners.

The details below are subject to change. 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
<b>Adferiad Recovery</b>  	<p>Four charities in Wales – Adferiad Recovery, CAIS, Hafal and WCADA – have joined together within Adferiad Recovery, a new organisation which will provide support for vulnerable people in Wales and their families and carers.</p> <p>Adferiad Recovery brings together a broad range of outstanding services for people in Wales with mental health problems, substance misuse problems, and those with co-occurring and complex needs.</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>Twitter: <a href="https://twitter.com/AdferiadRecover">https://twitter.com/AdferiadRecover</a></p> <p>Facebook: <a href="https://www.facebook.com/adferiad">https://www.facebook.com/adferiad</a></p> <p>Telephone: 01792 816600</p>

<p><b>Age Connects Morgannwg</b></p> 	<p>Age Connects Morgannwg is a charity for older people living in Rhondda Cynon Taf, Bridgend and Merthyr Tydfil. Their work puts people first with the aim of making life easier.</p> <p>They offer a wide range of information, support, and services to help older people stay living independently for as long as possible. These include an over 50's information and advice hub, a popup information service, hospital discharge support, nail cutting, financial services, and a range of campaigns and advocacy programmes.</p>	<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>Twitter: <a href="https://twitter.com/ACMorgannwg">https://twitter.com/ACMorgannwg</a></p> <p>Facebook: <a href="https://www.facebook.com/acmorgannwg/">https://www.facebook.com/acmorgannwg/</a></p> <p>Telephone: 01443 490650</p>
<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 and Email: <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>Twitter: <a href="https://twitter.com/rctcab?lang=en">https://twitter.com/rctcab?lang=en</a></p> <p>Facebook: <a href="https://en-gb.facebook.com/RCTCAB/">https://en-gb.facebook.com/RCTCAB/</a></p> <p>Telephone:</p> <ul style="list-style-type: none"> <li>• Admin Line: 01443 409284</li> <li>• Advice Line: 0800 7022 020</li> <li>• UC Helpline: 08000 241 220</li> </ul>



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<b>Cruse Bereavement Support</b>  	<p>Cruse Bereavement Support is the leading national charity for bereaved people offering telephone, email/virtual and website support.</p>	<p>Website: <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p> <p>Email: <a href="mailto:merthyr.rct@cruse.org.uk">merthyr.rct@cruse.org.uk</a></p> <p>Twitter: <a href="https://twitter.com/CruseCare">https://twitter.com/CruseCare</a></p> <p>Facebook: <a href="https://www.facebook.com/crusebereavementcare/">https://www.facebook.com/crusebereavementcare/</a></p> <p>Telephone: 01685 876020</p> <p>National Helpline: 0808 808 1677</p>
<b>Cynon Linc</b>  	<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>Twitter: <a href="https://twitter.com/cynonlinc">https://twitter.com/cynonlinc</a></p> <p>Facebook: <a href="https://www.facebook.com/cynonlinc">https://www.facebook.com/cynonlinc</a></p> <p>Instagram: <a href="https://www.instagram.com/cynonlinc/">https://www.instagram.com/cynonlinc/</a></p> <p>Telephone: 01685 705860</p>



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<p><b>Eye to Eye</b></p> 	<p>Eye to Eye is a counselling service for children and young people across Rhondda Cynon Taf. They offer free and confidential support for anyone between the ages of 7-30.</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>Twitter: <a href="https://twitter.com/EyeCounselling">https://twitter.com/EyeCounselling</a></p> <p>Facebook: <a href="https://www.facebook.com/eyetoeye.wales">https://www.facebook.com/eyetoeye.wales</a></p> <p>Telephone: 01443 202940</p>
<p><b>MHM: Mental Health Matters Wales</b></p> 	<p>Currently provide the following services and more:</p> <ul style="list-style-type: none"> <li>• Wellbeing Hubs - offers a safe environment, advice and a variety of activities.</li> <li>• Therapeutic Support - Facilitate dementia friendly activities/ information for Dementia Carers.</li> <li>• SORTED - Share Our Recovery Through Eating Disorders peer support group.</li> <li>• SHARE - Self Harm Awareness Recovery Education Peer support group.</li> <li>• CASPA - Carers of Autistic Spectrum Profiles Alliance peer support group.</li> <li>• LGBTQ+ - Peer support group for people who identify as Lesbian, Gay, Bisexual, Transgender, Queer (or Questioning) and allies.</li> <li>• Suicide and Bereavement.</li> <li>• Talking Connections, counselling service.</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>Twitter: <a href="https://twitter.com/MHMWales">https://twitter.com/MHMWales</a></p> <p>Facebook: <a href="https://www.facebook.com/MHMWales">https://www.facebook.com/MHMWales</a></p> <p>Telephone: 01656 767045 or 01656 651450</p>
<p><b>Mind</b></p>	<p>Currently provide the following services and more:</p> <ul style="list-style-type: none"> <li>• Housing and Homelessness related support.</li> </ul>	<p>Website: <a href="https://ctmmind.org.uk/">https://ctmmind.org.uk/</a></p>



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	<ul style="list-style-type: none"> <li>• Counselling – Talk to Me project 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>• Recovery College - Courses and workshops are delivered through an ‘outreach’ approach including ‘5 Ways to Wellbeing’, ‘Managing Covid Related Anxiety’, Food &amp; Mood’, and ‘Sleep Workshop’.</li> </ul>	<p>Email: <a href="mailto:info@ctmmind.org.uk">info@ctmmind.org.uk</a></p> <p>Twitter: <a href="https://twitter.com/ctmmind">https://twitter.com/ctmmind</a></p> <p>Facebook: <a href="https://www.facebook.com/ctmmind">https://www.facebook.com/ctmmind</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 groups.</li> <li>• Choir (a small, friendly singing group).</li> <li>• Creative Writing group.</li> <li>• Befriending Services.</li> <li>• Recovery Courses covering topics including: <ul style="list-style-type: none"> <li>○ Managing Anxiety</li> <li>○ Anger Management</li> <li>○ Mental Health Awareness</li> <li>○ Resilience Skills.</li> </ul> </li> </ul>	<p>Website: <a href="http://newhorizons-mentalhealth.co.uk/wordpress/">http://newhorizons-mentalhealth.co.uk/wordpress/</a></p> <p>Email: <a href="mailto:info@newhorizons-mentalhealth.co.uk">info@newhorizons-mentalhealth.co.uk</a></p> <p>Twitter: <a href="https://twitter.com/newhorizons_16?lang=en">https://twitter.com/newhorizons_16?lang=en</a></p> <p>Facebook: <a href="https://www.facebook.com/NewHorizonsMentalHealth">https://www.facebook.com/NewHorizonsMentalHealth</a></p> <p>Telephone: 01685 881113 or 01443 681881</p>



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<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 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>Website: <a href="http://www.newpathways.org.uk/our-services/">http://www.newpathways.org.uk/our-services/</a></p> <p>Email: <a href="mailto:enquiries@newpathways.org.uk">enquiries@newpathways.org.uk</a></p> <p>Twitter: <a href="https://twitter.com/newpathways?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor">https://twitter.com/newpathways?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor</a></p> <p>Facebook: <a href="https://www.facebook.com/NewPathwayss/">https://www.facebook.com/NewPathwayss/</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> <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>Website: <a href="https://platform.org/">https://platform.org/</a></p> <p>Email: <a href="mailto:connect@platform.org">connect@platform.org</a></p> <p>Twitter: <a href="https://twitter.com/weareplatform">https://twitter.com/weareplatform</a></p> <p>Facebook: <a href="https://www.facebook.com/weareplatform">https://www.facebook.com/weareplatform</a></p> <p>Telephone: 01443 845975</p>
<p><b>Valleys Steps</b></p>	<p>Valleys Steps delivers open access courses across the Cwm Taf Morgannwg footprint. They also deliver online sessions.</p>	<p>Website/ Email: <a href="http://www.valleyssteps.org/">http://www.valleyssteps.org/</a></p>



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	<p>Deliver a number of workshops and resources including:</p> <ul style="list-style-type: none"><li>• Sleep</li><li>• Mindfulness</li><li>• 5 ways to Wellbeing</li><li>• Take Time Out</li><li>• Stress management</li><li>• Panic and Anxiety</li><li>• Breaking Free From Fear</li><li>• Managing Difficult Thoughts</li><li>• Understand Anger</li><li>• Coping with Change.</li></ul>	<p>Twitter: <a href="https://twitter.com/ValleysSteps">https://twitter.com/ValleysSteps</a></p> <p>Facebook: <a href="https://www.facebook.com/valleyssteps/">https://www.facebook.com/valleyssteps/</a></p> <p>Telephone: 01443 803048</p>
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<p><b>Kooth</b></p> 	<p>Kooth is a safe and confidential service. The platform offers counselling support, peer support and self-help tools.</p> <p>In addition, peer-to-peer support is available at pre-moderated discussion forums offering a safe space for members to share their experiences and ask questions.</p> <p>There is also magazine-style self-help content, written by the Kooth team and young members themselves, discussing personal experiences and offering helpful tips.</p> <p>It provides:</p> <ul style="list-style-type: none"><li>• Free online counselling and self-help resources to 11-18 year olds across Cwm Taf Morgannwg Health Board.</li><li>• Sessions between midday and 10pm on weekdays and between 6pm and 10pm at weekends. They can be booked in advance or accessed via an instant text-based chat.</li><li>• Emotional wellbeing and early intervention mental health support for children and young people, including one-to-one, anonymous counselling sessions and 24/7 access to self-help resources.</li><li>• Information tools for parents.</li></ul>	<p>Website: <a href="https://www.kooth.com/">https://www.kooth.com/</a></p> <p>Twitter: <a href="https://twitter.com/kooth_plc">https://twitter.com/kooth_plc</a></p> <p>Facebook: <a href="https://www.facebook.com/koothUK">https://www.facebook.com/koothUK</a></p> <p>Telephone: 0203 984 9337</p> <p>Email: <a href="mailto:contact@kooth.com">contact@kooth.com</a></p>
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<p><b>NHS 111 WALES</b></p> 	<p>NHS 111 Wales is the completely free way to contact the NHS from landlines and mobiles</p> <p>The service is an amalgamation of NHS Direct Wales and the GP out-of-hours services.</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>Website: <a href="https://111.wales.nhs.uk/">https://111.wales.nhs.uk/</a></p> <p>Twitter: <a href="https://twitter.com/NHSDirectWales/status/1253609625091358721">https://twitter.com/NHSDirectWales/status/1253609625091358721</a></p> <p>Facebook: <a href="https://www.facebook.com/NHS111Wales/">https://www.facebook.com/NHS111Wales/</a></p> <p>Telephone: 111</p>
<p><b>BAVO</b></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>Twitter: <a href="https://twitter.com/BAVO_CVC?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor">https://twitter.com/BAVO_CVC?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor</a></p> <p>Facebook: <a href="https://www.facebook.com/BAVOhub/">https://www.facebook.com/BAVOhub/</a></p> <p>Telephone: 01656 810400</p>
<p><b>Interlink</b></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>Twitter: <a href="https://twitter.com/InterlinkRCT?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor">https://twitter.com/InterlinkRCT?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor</a></p>



		<p>Facebook: <a href="https://www.facebook.com/InterlinkRhonddaCynonTaf/">https://www.facebook.com/InterlinkRhonddaCynonTaf/</a></p> <p>Telephone: 01443 846200</p>
<p><b>VAMT</b></p> 	<p>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:enquiries@vamt.net">enquiries@vamt.net</a></p> <p>Twitter: <a href="https://twitter.com/vamttweets?lang=en">https://twitter.com/vamttweets?lang=en</a></p> <p>Facebook: <a href="https://www.facebook.com/Voluntary-Action-Merthyr-Tydfil-437253686394786/">https://www.facebook.com/Voluntary-Action-Merthyr-Tydfil-437253686394786/</a></p> <p>Telephone: 01685 353900</p>
<p><b>Below is a list of National organisations, which provide mental health telephone and online advice, support and services for people across Wales.</b></p>		
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>Twitter: <a href="https://twitter.com/AgeCymru">https://twitter.com/AgeCymru</a></p> <p>Facebook: <a href="https://en-gb.facebook.com/agecymru/">https://en-gb.facebook.com/agecymru/</a></p> <p>Telephone: 0300 303 44 98</p>

<p><b>Alzheimer's Society Cymru</b></p>  <p>Unedig Yn Erbyn Dementia United Against Dementia</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>Twitter: <a href="https://twitter.com/alzsocccymru">https://twitter.com/alzsocccymru</a></p> <p>Facebook: <a href="https://www.facebook.com/AlzheimersSocietyCymru/">https://www.facebook.com/AlzheimersSocietyCymru/</a></p> <p>Telephone: 03331503456</p>
<p><b>Barod</b></p> 	<p>Barod provide free, confidential 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> <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>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>Twitter: <a href="https://twitter.com/wearebarod">https://twitter.com/wearebarod</a></p> <p>Facebook: <a href="https://www.facebook.com/WeAreBarod">https://www.facebook.com/WeAreBarod</a></p> <p>Instagram: <a href="https://www.instagram.com/barodproject">@barodproject</a></p> <p>Telephone:</p> <ul style="list-style-type: none"> <li>• Referrals – 0300 333 0000</li> <li>• Over 50s Alcohol Helpline - 0808 801 0750</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>Twitter: <a href="https://twitter.com/beated_wales">https://twitter.com/beated_wales</a></p> <p>Facebook: <a href="https://www.facebook.com/beat.eating.disorders/">https://www.facebook.com/beat.eating.disorders/</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 the only 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> <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>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>Twitter: <a href="https://twitter.com/BipolarUK">https://twitter.com/BipolarUK</a></p> <p>Facebook: <a href="https://en-gb.facebook.com/bipolaruk/">https://en-gb.facebook.com/bipolaruk/</a></p> <p>Telephone: 0333 323 3880</p>
<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</p>	<p>Website: <a href="https://www.britishlegion.org.uk/get-support/who-we-help">https://www.britishlegion.org.uk/get-support/who-we-help</a></p> <p>Twitter: <a href="https://twitter.com/PoppyLegion">https://twitter.com/PoppyLegion</a></p> <p>Facebook: <a href="https://www.facebook.com/OfficialPoppyLegion/">https://www.facebook.com/OfficialPoppyLegion/</a></p>

	<p>partners and charities; helping give support wherever and whenever it is needed.</p>	<p>Telephone: 08088028080</p>
<p><b>C.A.L.L</b></p> 	<p>Mental Health Helpline For Wales, funding provided by the Welsh Government.</p> <p>The Mental Health Helpline service is available 24 hours a day, 7 days a week, 365 days of the year.</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> <li>• Bereavement</li> </ul>	<p>Website: <a href="https://callhelpline.org.uk/">https://callhelpline.org.uk/</a></p> <p>Twitter: <a href="https://twitter.com/call_247">https://twitter.com/call_247</a></p> <p>Facebook: <a href="https://www.facebook.com/CALLHelplineWales/">https://www.facebook.com/CALLHelplineWales/</a></p> <p>Telephone: 0800 132 737 or Text Help to 81066</p>
<p><b>Carers Wales</b></p>	<p>Carers across Wales provide 96% of care and as our loved ones are living longer with illness or disability, more and more of us will be looking after them.</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>Twitter: <a href="https://twitter.com/CarersWales">https://twitter.com/CarersWales</a></p> <p>Facebook: <a href="https://www.facebook.com/carerswales/">https://www.facebook.com/carerswales/</a></p> <p>Telephone: 0800 8087777</p> <p>Email: <a href="mailto:advice@carersuk.org">advice@carersuk.org</a></p>

	<p>Carers Wales is here:</p> <ul style="list-style-type: none"> <li>•to listen</li> <li>•to give you expert information and advice that's tailored to your situation</li> <li>•and support you in finding new ways to manage at home, at work, or wherever you are.</li> </ul>	
<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/Email: <a href="https://www.childline.org.uk/about/about-childline/">https://www.childline.org.uk/about/about-childline/</a></p> <p>Twitter: <a href="https://twitter.com/childline?lang=en">https://twitter.com/childline?lang=en</a></p> <p>Facebook: <a href="https://www.childline.org.uk/get-support/ask-sam/bullying-abuse-and-safety-asksam/facebook/">https://www.childline.org.uk/get-support/ask-sam/bullying-abuse-and-safety-asksam/facebook/</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 hosted by the Betsi Cadwaladr University Health Board with funding provided by the Welsh Government.</p> <p>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>	<p>Website/Email: <a href="https://dan247.org.uk/">https://dan247.org.uk/</a></p> <p>Twitter: <a href="https://twitter.com/dan_247?lang=en">https://twitter.com/dan_247?lang=en</a></p> <p>Facebook: <a href="https://www.facebook.com/Dan247helpline/">https://www.facebook.com/Dan247helpline/</a></p> <p>Telephone: 0808 808 2234 Or text <b>DAN</b> to: 81066</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> <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>	
<b>Parkinson's UK Cymru</b>  	<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>Twitter: <a href="https://twitter.com/parkinsonsuk">https://twitter.com/parkinsonsuk</a></p> <p>Facebook: <a href="https://www.facebook.com/parkinsonsukcymru/">https://www.facebook.com/parkinsonsukcymru/</a></p> <p>Telephone: 08088000303</p>
<b>Silver Cloud Wales</b>  	<p>If you are feeling stressed, anxious or low you're not alone. Around 1 in 4 adults struggle with mental health challenges. SilverCloud is an Online Cognitive Behavioural Therapy (CBT) service designed to support your mental health and wellbeing. CBT works by encouraging you to challenge the way you think and behave so that you're better equipped to deal with life's problems.</p> <p>Choose one of the easy-to-use, interactive online mental health and wellbeing programmes to complete over 12 weeks. Once signed up, you can access SilverCloud</p>	<p>Website: <a href="https://pthb.nhs.wales/services/adult-and-older-peoples-mental-health-services/silvercloud-online-cbt/">https://pthb.nhs.wales/services/adult-and-older-peoples-mental-health-services/silvercloud-online-cbt/</a></p> <p>Email: <a href="mailto:Silver.Cloud@wales.nhs.uk">Silver.Cloud@wales.nhs.uk</a></p> <p>Twitter: <a href="https://twitter.com/SilverCloudW">https://twitter.com/SilverCloudW</a></p> <p>Facebook: <a href="https://www.facebook.com/SilverCloudWales/">https://www.facebook.com/SilverCloudWales/</a></p> <p>Telephone: 01874 712 428</p>







	anywhere, anytime from your mobile, tablet, desktop computer or laptop.	
<b>Veterans Wales</b> 	<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/health-boards/cwm-taf-morgannwg.html">https://www.veteranswales.co.uk/health-boards/cwm-taf-morgannwg.html</a></p> <p>Twitter: <a href="https://twitter.com/veteranswales">https://twitter.com/veteranswales</a></p> <p>Facebook: <a href="https://www.facebook.com/WelshVeteranService">https://www.facebook.com/WelshVeteranService</a></p> <p>Telephone: 0800 132 737</p>
<b>WAST (Welsh Ambulance Service Transport)/NHS Leaflet</b> 	<p>In a partnership approach WAST/NHS Wales created a leaflet with details of mental health support available to offer expert advice. They provide this at each of their calls.</p> <p>Some of the details Includes:</p> <ul style="list-style-type: none"> <li>• Samaritans</li> <li>• Childline</li> <li>• Beat</li> <li>• Bullying UK</li> <li>• Victim Support</li> <li>• National Debt Line</li> </ul>	<p>Website with link to WAST Mental Health Support Helpline Leaflet:</p> <p><a href="https://wwamh.org.uk/news/welsh-ambulance-service-mental-health-leaflet/">https://wwamh.org.uk/news/welsh-ambulance-service-mental-health-leaflet/</a></p>
<b>Young Minds</b> 	<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>Twitter: <a href="https://twitter.com/YoungMindsUK">https://twitter.com/YoungMindsUK</a></p>



		<p>Facebook: <a href="https://www.facebook.com/youngmindsuk/">https://www.facebook.com/youngmindsuk/</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</p> <p>Call free on 0808 802 5544 (9:30 a.m. – 4 p.m., Mon - Fri).</p>
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#### Health Board (NHS) and Local Authorities within the Cwm Taf Morgannwg footprint

Organisation	Description	Contact Details
<b>Cwm Taf Morgannwg University Health Board – NHS</b>  <p>Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg University Health Board</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 services available.</p>	<p>Website: <a href="https://cwmtafmorgannwg.wales/">https://cwmtafmorgannwg.wales/</a></p> <p>Twitter: <a href="https://twitter.com/CwmTafMorgannwg">https://twitter.com/CwmTafMorgannwg</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>
<b>Bridgend County Borough Council</b>  <p>Cyngor Bwrddastref Sinal Bridgend BRIDGEND County Borough Council</p>	<p>Bridgend County Borough Council website has information including, but 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> </ul>	<p>Website: <a href="https://www.bridgend.gov.uk/">https://www.bridgend.gov.uk/</a></p> <p>Telephone: 01656 643643</p> <p>Text relay: 18001 01656 643643</p>

	<ul style="list-style-type: none"> <li>• Schools</li> <li>• Leisure, culture and libraries.</li> </ul>	Address: Civic Offices, Angel Street, Bridgend, CF31 4WB.
<p>Merthyr Tydfil County Council</p>  <p>Cyngor Bwrdeistref Sirol <b>MERTHYR TYDFIL</b> County Borough Council</p>	<p>Merthyr Tydfil County Council website has information including, but limited to, the following for Merthyr residents:</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>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> <p>Email: <a href="mailto:customer.care@merthyr.gov.uk">customer.care@merthyr.gov.uk</a></p>
<p>Rhondda Cynon Taf County Council</p>  <p>STRONG HERITAGE   STRONG FUTURE <b>RHONDDA CYNON TAF</b> TREFTADAETH GADARN   DYFODOL SICR</p>	<p>Rhondda Cynon Taf County Council website has information including, but 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.aspx">https://www.rctcbc.gov.uk/EN/Resident/Resident.aspx</a></p> <p>Telephone General Enquiries: 01443 425005</p>