



## Mental Health Support Services

### Open Access Mental Health

Drop-in mental health and emotional wellbeing service for people aged over 11 who live in the counties of Bridgend, Merthyr Tydfil or Rhondda Cynon Taf.

**Bridgend contact:** Sophie: 07985201545; [sophie.ali@ctmmind.org.uk](mailto:sophie.ali@ctmmind.org.uk)

**Merthyr Tydfil contact:** Stacey: 07766411235; [stacey.farrow@ctmmind.org.uk](mailto:stacey.farrow@ctmmind.org.uk)

**Rhondda Cynon Taf contact:** Amy: 07399 347737; [amy.donovan@ctmmind.org.uk](mailto:amy.donovan@ctmmind.org.uk)

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<https://ctmmind.org.uk/open-access-mental-health>

### Veterans Support in partnership with Valley Veterans:

**Counselling:** [Claire.Lloyd@ctmmind.org.uk](mailto:Claire.Lloyd@ctmmind.org.uk)

**Financial Entitlements Advocate:** [yourmoneymatters@ctmmind.org.uk](mailto:yourmoneymatters@ctmmind.org.uk)

**Valley Veterans:** [enquiries@valleyveterans.org](mailto:enquiries@valleyveterans.org)

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<https://ctmmind.org.uk/veterans-support>

### Counselling

(Cynon, Taf, Merthyr Tydfil & Rhondda)

Referral from GP to Primary Care Mental Health Team, who assess then refer to CTM Mind.

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<https://ctmmind.org.uk/mental-health-prevention/counselling>

### Counselling & Supported Self-Help:

Contact your GP in the **Rhondda** to be referred. (Rhondda area only)

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<https://ctmmind.org.uk/mental-health-prevention/supported-self-help>

### Advocacy Services:

Email: [advocacy@ctmmind.org.uk](mailto:advocacy@ctmmind.org.uk)  
(Merthyr Tydfil & Rhondda Cynon Taf)

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<https://ctmmind.org.uk/advocacy-services/advocacy>

### Private Counselling:

£45 per session.

Email: [Stephen.Dallow@ctmmind.org.uk](mailto:Stephen.Dallow@ctmmind.org.uk)  
Call: 01685 707485 or 07969 653878

[info@ctmmind.org.uk](mailto:info@ctmmind.org.uk)

01685 707480

Registered Charity No. 1123615 | Registered Company No. 6541083



**We are your Local Mind, an independent charity providing mental health support services for the communities of Merthyr Tydfil, Rhondda Cynon Taf & Bridgend.**

**Head Office & Information Centre:**

88 Pontmorlais, High Street, Merthyr Tydfil, CF47 8UH

We are located next door to Voluntary Action, Merthyr Tydfil. You can find us by scanning the QR code or on What3Words: <https://what3words.com/fire.activism.saving>



**Urgent 24/7 Mental Health Support:**

**NHS:** call 111 and press option 2

**Call 999 in a life threatening emergency**

**24/7 mental health support listening services:**

Samaritans: call 116 123

C.A.L.L: call 0800 132 737

SHOUT: Text SHOUT to 85258

Childline (under 19's): call 0800 1111



**Mental Health Support Line:**

0300 102 1234

(Monday - Friday 9am - 6pm)

Visit Mind's **A to Z of support**, for information on different topics, self-help advice and useful contacts:



<https://www.mind.org.uk/information-support/a-z-mental-health/>



Join Mind's online **peer to peer support** "Side by Side":

<https://sidebyside.mind.org.uk>

For further info and to donate:  
[www.ctmmind.org.uk](http://www.ctmmind.org.uk)

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