

# Wellbeing and Self-Help Directory



The information provided in this booklet is a brief library of services that are available to people living in Cwm Taf Morgannwg area of Bridgend County Borough, Merthyr Tydfil and Rhondda Cynon Taf. This information has been produced in partnership with Health Board, Local Authority and Third Sector Partners for people with lived experience of mental health situations. The services listed below include Local and National services available for people of all ages with lived experience of mental health. The detail below is always subject to change, to ensure as time goes on the information is correct, please check the relevant service website listed below. This list is not exhaustive, further details and companies can be found on website search engines or social media platforms. For example on a Google search.

Third Sector	Description	Contact Details
Citizen's Advice Bureau	Provide support and advice on: <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>	Website and Email: <a href="https://www.citizensadvice.org.uk/wales/about-us/contactus/contact-us/contact-us/">https://www.citizensadvice.org.uk/wales/about-us/contactus/contact-us/contact-us/</a> Twitter: <a href="https://twitter.com/rctcab?lang=en">https://twitter.com/rctcab?lang=en</a> Facebook: <a href="https://en-gb.facebook.com/RCTCAB/">https://en-gb.facebook.com/RCTCAB/</a> Telephone: <ul style="list-style-type: none"> <li>• Admin Line: 01443 40928</li> <li>• Advice line: 0800 7022 020</li> <li>• UC Helpline: 08000 241 220</li> </ul>
Cruse	Cruse Bereavement Care is the leading national charity for bereaved people offering telephone, email/virtual and website support.	Website: <a href="https://www.cruse.org.uk/get-help/localservices/wales/merthyr-tydfil-and-rhondda-cynon-taff">https://www.cruse.org.uk/get-help/localservices/wales/merthyr-tydfil-and-rhondda-cynon-taff</a> Email: <a href="mailto:merthyr.rct@cruse.org.uk">merthyr.rct@cruse.org.uk</a> Twitter: <a href="https://twitter.com/CruseCare">https://twitter.com/CruseCare</a> Facebook: <a href="https://www.facebook.com/crusebereavementcare/">https://www.facebook.com/crusebereavementcare/</a> Telephone: 01685 876020 National Helpline: 0808 808 1677
Eye to Eye	Offers free and confidential counselling to young people aged 10 to 25 years in schools and the community and online in Rhondda Cynon Taf.	Website: <a href="https://www.eyetoeye.wales/">https://www.eyetoeye.wales/</a> Email: <a href="mailto:info@eyetoeye.wales">info@eyetoeye.wales</a> Twitter: <a href="https://twitter.com/EyeCounselling">https://twitter.com/EyeCounselling</a> Facebook: <a href="https://www.facebook.com/eyetoeye.wales">https://www.facebook.com/eyetoeye.wales</a> Telephone: 01443 202940
Hafal	Supporting people with mental health problems – with a special emphasis on those with a serious mental illness – and their carers and families. Also support	Website: <a href="https://www.hafal.org/">https://www.hafal.org/</a> Email: <a href="mailto:hafal@hafal.org">hafal@hafal.org</a>

	<p>others with a range of disabilities and their carers and families. Services are underpinned by a unique Recovery Programme. Based on modern principles of self-management and empowerment, it offers a methodical way of achieving recovery by focusing on all areas of life.</p>	<p>Twitter:  <a href="https://twitter.com/Hafal">https://twitter.com/Hafal</a>  Facebook:  <a href="https://www.facebook.com/Hafal">https://www.facebook.com/Hafal</a>  Telephone:  01792 816 600/832 400</p>
<p>MHM: Mental Health Matters Wales</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 Austic Spectrum Profiles Alliance peer support group.</li> <li>• LGBTQ+ - Our peer support group for people who identifies as Lesbian, Gay, Bisexual, Transgender, Queer (or Questioning) and allies.</li> <li>• Suicide and Bereavement</li> <li>• Talking Connections, counselling service.</li> <li>• Training - Community training/ Workshops</li> </ul>	<p>Website:  <a href="https://www.mhmwales.org.uk/">https://www.mhmwales.org.uk/</a>  Email:  <a href="mailto:admin@mhmwales.org.uk">admin@mhmwales.org.uk</a>  Twitter:  <a href="https://twitter.com/MHMWales">https://twitter.com/MHMWales</a>  Facebook:  <a href="https://www.facebook.com/MHMWales">https://www.facebook.com/MHMWales</a>  Telephone:  01656 767045 or 01656 651450</p>
<p>Mind Cwm Taf Morgannwg</p>	<p>Currently provide the following services and more:</p> <ul style="list-style-type: none"> <li>• Housing Related Support.</li> </ul>	<p>Website:  <a href="https://ctmmind.org.uk/">https://ctmmind.org.uk/</a>  Email:</p>

	<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><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>
New Horizons	<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 cover topics including: <ul style="list-style-type: none"> <li>o Managing Anxiety</li> <li>o Anger Management</li> <li>o Mental Health Awareness</li> <li>o 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/NewHorizonsMental Health</a></p> <p>Telephone: 01685 881113 or 01443 681881</p>
New Pathways	<p>Rape and sexual assault is an incredibly sensitive issue and we fully understand how difficult it is to try and overcome such trauma. This is why we offer a diverse range of services to identify what help you, or someone you know, needs.</p>	<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>Sexual Assault Referral Centre (SARC) For victims of immediate or recent rape or sexual assault.</p> <p>Counselling and Therapy For victims who have a history of rape or sexual assault.</p> <p>Training We run a wide range of training courses for businesses and organisations on our premises.</p> <p>Advocacy and Support Our projects and support service.</p>	<p>Facebook:  <a href="https://www.facebook.com/NewPathwayss/">https://www.facebook.com/NewPathwayss/</a>  Telephone:  01685 379310</p>
Platform	<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>  Email:  <a href="mailto:connect@platform.org">connect@platform.org</a>  Twitter:  <a href="https://twitter.com/weareplatform">https://twitter.com/weareplatform</a>  Facebook:  <a href="https://www.facebook.com/weareplatform">https://www.facebook.com/weareplatform</a>  Telephone:  01443 845975</p>
Valleys Steps	<p>Valleys Steps delivers open access courses all across CTMUHB. They also deliver online sessions accessible from the comfort of peoples home. Deliver a number of workshops and resources, such include:</p> <ul style="list-style-type: none"> <li>• Sleep</li> </ul>	<p>Website/Email:  <a href="http://www.valleyssteps.org/">http://www.valleyssteps.org/</a>  Twitter:  <a href="https://twitter.com/ValleysSteps">https://twitter.com/ValleysSteps</a>  Facebook:  <a href="https://www.facebook.com/valleyssteps/">https://www.facebook.com/valleyssteps/</a>  Telephone:</p>

	<ul style="list-style-type: none"> <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>	
Kooth	<p>Kooth is a safe and confidential services. The platform offers counselling support, peer support and self-help tools. In addition, peer-to-peer support is available at premoderated discussion forums offering a safe space for members to share their experiences and ask questions. There is also magazine-style self-help content, written by the Kooth team and young members themselves, discussing personal experiences and offering helpful tips. 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</li> </ul>	<p>Website/ Email:  <a href="https://www.kooth.com/">https://www.kooth.com/</a>  Twitter:  <a href="https://twitter.com/kooth_plc">https://twitter.com/kooth_plc</a>  Facebook:  <a href="https://www.facebook.com/koothUK">https://www.facebook.com/koothUK</a>  Telephone:  0203 984 9337  Email:  contact@kooth.com</p>

	<p>one-to-one, anonymous counselling sessions and 24/7 access to self-help resources.</p> <ul style="list-style-type: none"> <li>• Information tools for parents.</li> </ul>	
Mental Health Support Hub – Self Referral	<p>The Mental Health Support Hub is a partnership between Cwm Taf Morgannwg Mind, Citizen’s Advice Rhondda Cynon Taf, Valleys Steps and Age Connects Morgannwg. You can self-refer to a number of mental health and wellbeing support services through one point of access. The Hub provides the following services: Mental health info and advice; Social prescribing; Selfdirected support; Talking treatments; Support at home; Befriending; Mindfulness; Stress awareness and management; Debt; Benefits; General money advice; Advocacy.</p>	<p>Website:  <a href="https://ctmmind.org.uk/mental-health-supporthub-self-referral">https://ctmmind.org.uk/mental-health-supporthub-self-referral</a>  Email:  <a href="mailto:info@ctmmind.org.uk">info@ctmmind.org.uk</a>  Telephone:  01685 707480</p>
NHS 111 WALES	<p>NHS 111 Wales is the new, completely free way to contact the NHS from landlines and mobiles The service is an amalgamation of NHS Direct Wales and the GP out-of-hours services. 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>  Twitter:  <a href="https://twitter.com/NHSDirectWales/status/1253609625091358721">https://twitter.com/NHSDirectWales/status/1253609625091358721</a>  Facebook:  <a href="https://www.facebook.com/NHS111Wales/">https://www.facebook.com/NHS111Wales/</a>  Telephone:  0845 46 47</p>
BAVO	<p>Bridgend Association of Voluntary Organisations is the County Voluntary Council for Bridgend County Borough. They provide FREE support and assistance to all member community and</p>	<p>Website:  <a href="https://www.bavo.org.uk/">https://www.bavo.org.uk/</a>  Email:  <a href="mailto:bavo@bavo.org.uk">bavo@bavo.org.uk</a></p>

	<p>voluntary groups, not-for-profits and social enterprises in their area. Our aim is to provide support, guidance, practical assistance and information to local voluntary sector groups to develop skills, services and activities, ensuring they are represented across a wide range of issues locally, regionally and nationally.</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>  Facebook:  <a href="https://www.facebook.com/BAVOhub/">https://www.facebook.com/BAVOhub/</a>  Telephone:  01656 810400</p>
Interlink	<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. Interlink is a charity and a County Voluntary Council (CVC) covering RCT as part of a Third Sector Support Wales, a Wales-wide network.</p>	<p>Website:  <a href="http://www.interlinkrct.org.uk/about-us/">http://www.interlinkrct.org.uk/about-us/</a>  Email: <a href="mailto:info@interlinkrct.org.uk">http://www.interlinkrct.org.uk/about-us/</a>  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>  Facebook:  <a href="https://www.facebook.com/InterlinkRhonddaCynonTaf/">https://www.facebook.com/InterlinkRhonddaCynonTaf/</a>  Telephone:  01443 846200</p>
VAMT	<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://vamt.net/en/contact-us/">https://vamt.net/en/contact-us/</a>  Email:  <a href="mailto:enquiries@vamt.net">enquiries@vamt.net</a>  Twitter:  <a href="https://twitter.com/vamttweets?lang=en">https://twitter.com/vamttweets?lang=en</a>  Facebook:  <a href="https://www.facebook.com/Voluntary-ActionMerthyr-Tydfil-437253686394786/">https://www.facebook.com/Voluntary-ActionMerthyr-Tydfil-437253686394786/</a>  Telephone:  01685 353900</p>
Age Connect	<p>Provide life-enhancing services and vital support to people in later life and deliver a range of services across the UK. Some include:</p>	<p>Website:  <a href="https://www.ageuk.org.uk/cymru/contact-us/">https://www.ageuk.org.uk/cymru/contact-us/</a>  Email: <a href="mailto:advice@agecymru.org.uk">advice@agecymru.org.uk</a></p>



	<ul style="list-style-type: none"> <li>• Age friendly Wales</li> <li>• Advocacy</li> <li>• Carers Project</li> </ul>	<p>Twitter:  <a href="https://twitter.com/AgeCymru?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor">https://twitter.com/AgeCymru?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor</a>  Facebook:  <a href="https://en-gb.facebook.com/agecymru/">https://en-gb.facebook.com/agecymru/</a>  Telephone:  0300 303 44 98</p>
Alzheimer's Society Cymru	<p>Alzheimer's Society is the UK's leading dementia charity. Campaigning for change, fund research to find a cure and support people living with dementia today. Dementia is the UK's biggest killer. Someone develops it every three minutes and there's currently no cure. Our expert Dementia Advisers and trained volunteers are available to speak to by phone or face-to-face. They help people with dementia take back control of their lives and remain independent for longer.</p>	<p>Website:  <a href="https://www.alzheimers.org.uk/about-us/contactus">https://www.alzheimers.org.uk/about-us/contactus</a>  Twitter:  <a href="https://twitter.com/alzsocymru">https://twitter.com/alzsocymru</a>  Facebook:  <a href="https://www.facebook.com/AlzheimersSocietyCymru/">https://www.facebook.com/AlzheimersSocietyCymru/</a>  Telephone:  03331503456</p>
Barod	<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</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>  Twitter:  <a href="https://twitter.com/wearebarod">https://twitter.com/wearebarod</a>  Facebook:  <a href="https://www.facebook.com/WeAreBarod">https://www.facebook.com/WeAreBarod</a>  Instagram:  @barodproject  Telephone:  <ul style="list-style-type: none"> <li>• Referrals – 0300 333 0000</li> <li>• Over 50s Alcohol Helpline - 0808 801 0750</li> </ul> </p>

	<p>support helpline for anyone over 50 affected by alcohol use</p> <ul style="list-style-type: none"> <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>• Diversionary Activities</li> <li>• Service User Involvement Group</li> <li>• Young Persons Peer Mentoring Service</li> </ul>	
Beat	<p>Eating disorders are complex mental illnesses. Anyone, no matter what their age, gender, ethnicity or background, can develop one. Some examples of eating disorders include avoidant/restrictive food intake disorder (ARFID), bulimia, binge eating disorder and anorexia. Beat provide advice and support to all involved.</p>	<p>Website:  <a href="https://www.beateatingdisorders.org.uk/supportservices/helplines">https://www.beateatingdisorders.org.uk/supportservices/helplines</a>  Twitter: <a href="https://twitter.com/beated_wales">https://twitter.com/beated_wales</a> Facebook:  <a href="https://www.facebook.com/beat.eating.disorders/">https://www.facebook.com/beat.eating.disorders/</a> Telephone: •  Helpline: 0808 801 0677 • Student line: 0808 801 0811 • Youth  line: 0808 801 0711</p>
Bipolar UK	<p>Bipolar UK is the only national charity dedicated to empowering individuals and families affected by bipolar. Peer support is at the core of our work. 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> <li>• Information and resources provided on our website</li> </ul>	<p>Website:  <a href="https://www.bipolaruk.org/">https://www.bipolaruk.org/</a>  Email:  <a href="mailto:info@bipolaruk.org">info@bipolaruk.org</a>  Twitter:  <a href="https://twitter.com/BipolarUK">https://twitter.com/BipolarUK</a>  Facebook:  <a href="https://en-gb.facebook.com/bipolaruk/">https://en-gb.facebook.com/bipolaruk/</a>  Telephone:  0333 323 3880</p>


British Legion	The Royal British Legion is at the heart of a national network that supports our Armed Forces community. 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's needed.	Website: <a href="https://www.britishlegion.org.uk/get-support/whowe-help">https://www.britishlegion.org.uk/get-support/whowe-help</a> Twitter: <a href="https://twitter.com/PoppyLegion">https://twitter.com/PoppyLegion</a> Facebook: <a href="https://www.facebook.com/OfficialPoppyLegion/">https://www.facebook.com/OfficialPoppyLegion/</a> Telephone: 08088028080
C.A.L.L	Mental Health Helpline For Wales, funding provided by the Welsh Government. The Mental Health Helpline service is available 24 hours a day, 7 days a week, 365 days of the year. Community Advice & Listening Line Offering a confidential listening and support service, such services include: <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>	Website and Email: <a href="https://www.callhelpline.org.uk/Default.asp">https://www.callhelpline.org.uk/Default.asp</a> Twitter: <a href="https://twitter.com/call_247">https://twitter.com/call_247</a> Facebook: <a href="https://www.facebook.com/CALLHelplineWales/">https://www.facebook.com/CALLHelplineWales/</a> Telephone: 0800 132 737 or Text Help to 81066
Carers Wales	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. 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	Website: <a href="https://www.carersuk.org/wales">https://www.carersuk.org/wales</a> Twitter: <a href="https://twitter.com/CarersWales">https://twitter.com/CarersWales</a> Facebook: <a href="https://www.facebook.com/carerswales/">https://www.facebook.com/carerswales/</a> Telephone: 0800 028 4844



	<p>– caring can have a huge effect on our lives and our plans. 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>	
Child Line	<p>Childline is here to help anyone under 19 in the UK with any issue they’re going through. You can talk about anything. Whether it’s something big or small, our trained counsellors are here to support you.</p>	<p>Website/Email: <a href="https://www.childline.org.uk/about/aboutchildline/">https://www.childline.org.uk/about/aboutchildline/</a>  Twitter: <a href="https://twitter.com/childline?lang=en">https://twitter.com/childline?lang=en</a>  Facebook: <a href="https://www.childline.org.uk/get-support/asksam/bullying-abuse-and-safety-asksam/facebook/">https://www.childline.org.uk/get-support/asksam/bullying-abuse-and-safety-asksam/facebook/</a>  Telephone: 08001111</p>
DAN 24/7 Wales Drug and Alcohol	<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. 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. The helpline will assist individuals, their families, carers, and support workers within the drug and alcohol field to access appropriate local and regional services. 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> </ul>	<p>Website/Email: <a href="https://dan247.org.uk/">https://dan247.org.uk/</a> Twitter: <a href="https://twitter.com/dan_247?lang=en">https://twitter.com/dan_247?lang=en</a> Facebook: <a href="https://www.facebook.com/Dan247helpline/">https://www.facebook.com/Dan247helpline/</a> Telephone: 0808 808 2234 Or text DAN to: 81066</p>


	<ul style="list-style-type: none"> <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>	
Parkinson's UK Cymru	Parkinson Support people with Parkinson's, families, friends, and carers in Wales. Improving life for everyone affected by Parkinson's.	Website: <a href="https://www.facebook.com/parkinsonsukcymru/">https://www.facebook.com/parkinsonsukcymru/</a> Twitter: <a href="https://twitter.com/parkinsonsuk">https://twitter.com/parkinsonsuk</a> Facebook: <a href="https://www.facebook.com/parkinsonsukcymru/">https://www.facebook.com/parkinsonsukcymru/</a> Telephone: 08088000303
Veterans Wales	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. 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.	Website: <a href="https://www.veteranswales.co.uk/">https://www.veteranswales.co.uk/</a> Twitter: <a href="https://twitter.com/welshveterans">https://twitter.com/welshveterans</a> Facebook: <a href="https://www.facebook.com/WelshVeteranService/">https://www.facebook.com/WelshVeteranService/</a> Telephone: 0800 132 737
WAST(Welsh Ambulance Service Transport)/NHS Leaflet	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	Website and key links: <a href="http://www.wyamh.org.uk/welshambulance-service-mental-health-leaflet">http://www.wyamh.org.uk/welshambulance-service-mental-health-leaflet</a> Mental Health Support Helpline Leaflet (WAST) • To

	of their calls. Some of the details Includes: • Samaritans • Childline • Beat • Bullying UK • Victim Support	view the leaflet in Welsh please click here • To view the leaflet in English please click here • National Debt Line
Young Minds	UK's leading charity fighting for children and young people's mental health. Want to see a world where no young person feels alone with their mental health, and gets the mental health support they need, when they need it, no matter what.	Website: <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a> Twitter: <a href="https://twitter.com/YoungMindsUK">https://twitter.com/YoungMindsUK</a> Facebook: <a href="https://www.facebook.com/youngmindsuk/">https://www.facebook.com/youngmindsuk/</a> Telephone: 020 7089 5050. If you are a parent or carer worried about your child Speak to our experts at the Parents Helpline Call free on 0808 802 5544 (9:30am - 4pm, Mon - Fri).

Below is the details of other services available for the People of Cwm Taf Morgannwg Health Board (NHS) and Local Authorities within Cwm Taf Morgannwg Footprint.

Organisation	Description	Contact Details
<p>Cwm Taf Morgannwg University Health Board – NHS</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. At Cwm Taf Morgannwg providing great health care to our community is our number one priority. Our 65 – 84 and 85+ age groups are projected to have the largest increase by 2036, when an estimated one in four people in Wales will be aged 65 and over. These projections will have significant implications for the way in which we design and provide our increasingly integrated health and social care services, so that we can help the people living in our communities to live long and healthy lives, free from the limiting effects of</p>	<p>Website: <a href="https://cwmtafmorgannwg.wales/">https://cwmtafmorgannwg.wales/</a> Twitter: <a href="https://twitter.com/CwmTafMorgannwg">https://twitter.com/CwmTafMorgannwg</a> Facebook: <a href="https://www.facebook.com/CwmTafMorgan nwg">https://www.facebook.com/CwmTafMorgan nwg</a> Telephone: 01685 721721, 01443 443443</p>

	multiple chronic conditions. Please visit Cwm Taf Morgannwg University Health Board for more information on services available.	
<p>Bridgend County Borough Council</p>  <p>The logo for Bridgend County Borough Council features a stylized blue and green 'B' with the Welsh text 'Cyngor Bwrdeistref Sirol' above it and 'BRIDGEND County Borough Council' below it.</p>	<p>Bridgend County Borough's four main housing associations use one housing register to allocate social housing. This register is called the Bridgend Common Housing Register. Anyone can apply for social rented housing. In general, you must be eligible and in housing need to be added to the register. You could also be added if you want to live in a low demand area, or if you meet a Local Lettings Policy's requirements. The Social Housing Allocation Policy details what counts as housing need on pages eight and nine, and it explains how social rented housing is allocated. It is stressful and worrying to be homeless or at risk of it. The sooner we know about your situation, the likelier it is that we can help, and prevent you from becoming homeless. Please tell us as soon as possible if you think you might become homeless.</p>	<p>Website:  <a href="https://www.bridgend.gov.uk/residents/housing/housing-register/">https://www.bridgend.gov.uk/residents/housing/housing-register/</a> Telephone: 01656 643643  Text relay: 18001 01656 643643  Address: Civic Offices, Angel Street, Bridgend, CF31 4WB.  <a href="https://www.bridgend.gov.uk/residents/housing/homelessness-advice-and-prevention/">https://www.bridgend.gov.uk/residents/housing/homelessness-advice-and-prevention/</a></p>
<p>Merthyr Tydfil County Council Housing Advice Centre</p>  <p>The logo for Merthyr Tydfil County Council features a stylized yellow and blue profile of a head with the text 'MERTHYR TYDFIL County Borough Council' and 'Cyngor Bwrdeistref Sirol MERTHYR TYDFUL' below it.</p>	<p>Where you live affects your overall health and well-being. We deliver a range of solutions including assisting first time buyers with a mortgage or affordable property, home adaptations or helping to maintain independence. The team in the Housing Advice Centre has helped thousands of people on a range of housing-related issues.</p>	<p>Website:  <a href="https://www.livingmerthyrtydfil.org.uk/HouseholdRegistrationForm">https://www.livingmerthyrtydfil.org.uk/HouseholdRegistrationForm</a> Telephone: 01685 725000  Email: <a href="mailto:customer.care@merthyr.gov.uk">customer.care@merthyr.gov.uk</a></p>
<p>Rhondda Cynon Taf County Council</p>	<p>Homelessness advice and support Do you need Housing advice? Do you want to know your</p>	<p>Website:  <a href="https://www.rctcbc.gov.uk/EN/Resident/Ho">https://www.rctcbc.gov.uk/EN/Resident/Ho</a></p>

 <p>STRONG HERITAGE   STRONG FUTURE  <b>RHONDDA CYNON TAF</b>      TREFTADAETH GADARN   DYFODOL SICR</p>	<p>housing rights? Are you homeless or threatened with homelessness? Is your current home unsuitable for your needs? Do you want to know what your housing options are? We are here to help - Do not delay either call in or contact us for friendly, impartial advice! If you are homeless or at risk of eviction or repossession, please contact the Pontypridd Housing Advice Centre on the detail provided.</p>	<p>using/Housing.aspx Telephone: 01443 495188          Email: homelessness@rhondda-cynontaff.gov.uk</p>
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<https://www.educationsupport.org.uk/about/about-us/>

<https://ctmuhb.nhs.wales/wise-ctm/> - WISE is the Wellness Improvement Service. It is a wellness coach-led service to empower you to improve your own long-term health and reduce symptom burden to improve your quality of life. You will be supported and coached for up to nine months and taught to manage your health condition. The coach helps you to look holistically at all the factors affecting your health and happiness.

An app is an abbreviated form of the word "application." It is typically a small, specialised program that can be downloaded on to mobile devices or tablets. They can be downloaded from app stores specific to the devices. E.g. "App Store" or "Play Store".

Many people use apps in their everyday lives for a variety of things from shopping to entertainment to travel. But, have you considered using them to look after your mental health and wellbeing?

There are now more and more apps out there that can help with anything from managing your general wellbeing to those for more specific mental health difficulties.



## Disclaimer:

The list in this leaflet has been compiled to help you choose a suitable app to complement the care provided to you by your therapist, or other health care professional. Be aware that these apps are chosen because they are free of charge to download and use, however with any app, they may contain adverts for other goods or services or may link to buying an upgraded version of the free app. Cwm Taf

Morgannwg University Health Board cannot be held responsible or liable for apps and upgrades purchased specifically or by accident. The designers of the apps will contact you from time to time to update the versions, fix bugs etc. and it is your responsibility to accept or decline these updates. Some apps may ask you to upload your personal data either to see how the apps are being used, to collect statistics or for sharing with other organisations, in which case you would expect to see a privacy notice to agree with or decline under GDP guidelines.

Although these apps are useful please note that it's your individual choice to download an app and that they are not endorsed in any way by Cwm Taf Morgannwg University Health Board. This is not an exhaustive list of apps and we would welcome your feedback on them. You may be aware of some apps that are not included in this leaflet that you have found helpful in which case we would be happy to hear about these with the possibility of inclusion when next revised, so that others can benefit from them. The apps included in this leaflet are current and up to date at the time of leaflet production.

## **Healthy Living:**

My Fitness Pal: Activity / Meal Tracker

Tabata Timer: Able to set your own timer for interval training

Couch 2 5 K : 9 week plan increasing amount of running each week with motivational podcasts.

Down Dog Yoga: Home Yoga app for Beginners to Advanced

Rise up and recover: Eating disorder resource for meal logging, distraction and ED wisdom

Smart Recipes: helping to plan healthy meals

Sleep:

Calm: Meditation and sleep stories

Stop Breathe and Think: Meditation and sleep

Sleep sounds: White Noise. Sleep resource with ability to change sounds and set timer

### **Depression/Low Mood:**

MoodTracker: Interactive mood rating system and personal journal

Aura: Tracks mood daily and formulates graph to monitor

Grid Diary: A diary or journal to consider things that you are grateful for and to keep track on your day

MoodTools- Depression Aid: Strategies to help combat depression

### **Bipolar/Elation:**

eMood: Bipolar mood tracker: Tracks your mood and other symptoms

### **Self Harm:**

Calm Harm: Range of options for tackling self-harming

### **Suicide Prevention:**

StayAlive: Suicide prevention resource with useful information to help you or others stay safe

### **Stress/Relaxation/Meditation/Breathing:**

HeadSpace: Guided meditation

Nature Sounds: Relaxing nature sounds with meditation music for yoga

Relax Stress & Anxiety Relief: De-stress with Guided breathing and meditation exercises

Calm: Breathing, mindfulness and meditation exercises

Stop Breathe and Think: Meditation and mindfulness

Aura: Meditation, breathing and mindfulness exercises

Insight timer: Guided meditation with timer and music tracks to focus and relax

Paced Breathing: Allows users to set up their own breathing patterns

Smiling Mind: Meditation for all ages and abilities

Happier: Meditation and Mindfulness whilst considering things to be grateful for

**Anxiety/Panic:**

SAM: Self-help for Anxiety Management. Anxiety tracker with psycho-education and helpful tools

Anxiety No More: Simple day-to-day techniques and strategies to help reduce anxiety

WellMind: Tips and tools to help manage stress and anxiety

What's up?: Using CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) to help with anxiety and stress

Fear Tools - Anxiety Kit: Strategies to help with anxiety

**Others:**

Life Armor: To help support people in the military community and their mental health

SilverCloud: Supportive and interactive programmes, tools and tactics for mental and behavioural health issues.

MHRG: Mental Health Recovery Guide: General mental health advice to maintain health and wellbeing.

