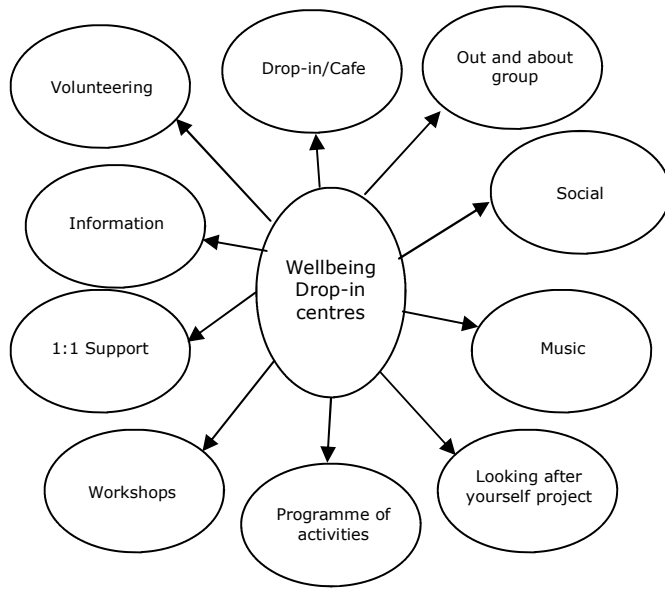


## Wellbeing Drop-In Centres



Tuesday BRIDGEND No Referral Needed

Wednesday PONTYCYMMER

Thursday MAESTEG

Friday BRIDGEND

Opening Hours 12:30am—4:30pm

Nolton Church Hall Merthyr Mawr Road Bridgend CF31 3NH	Lets Garw 101 Oxford Street Pontycymmer CF32 8DE
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Central Ecumenical Church Church Street Maesteg CF34 9AA
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Email: [community@mhmwales.org](mailto:community@mhmwales.org)

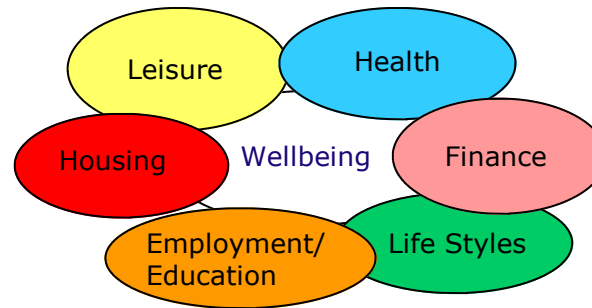
## Mental Health Matters Wales Community Services

These are local services provided in local communities.

The services provide a range of support services and activities to enable and support people with mental or emotional wellbeing issues.

The services are managed by Mental Health Matters Wales.

These include:  
**Wellbeing drop-in centres**  
**Tenancy Support Services**  
**Community Advocacy**  
**Information**



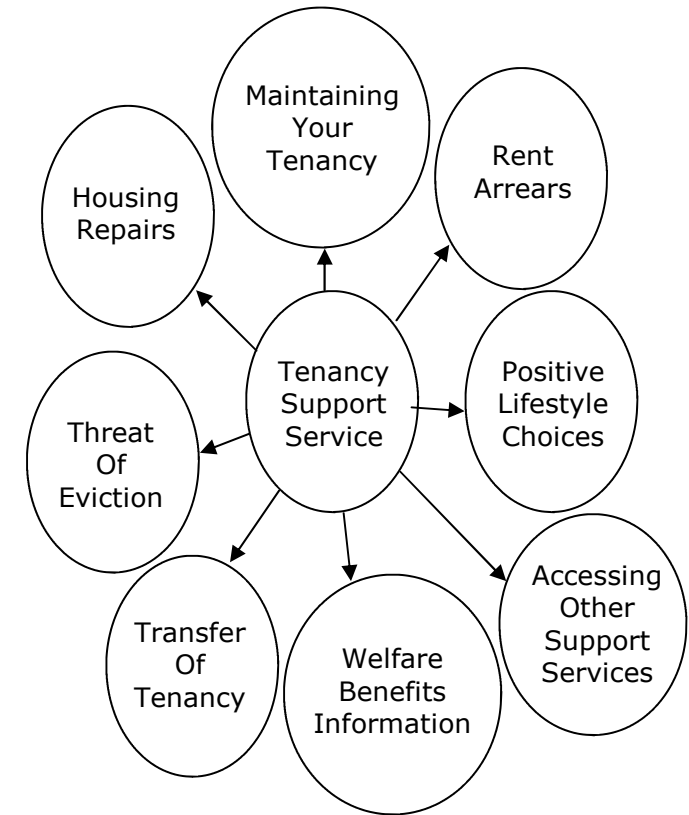
Being in a state of wellbeing means being physically, mentally and emotionally well.

To achieve this we need a healthy balance in all aspects of our lives.

This can be difficult sometimes because of negative things happening in our lives.

If you are concerned about aspects of your wellbeing and want some information, please call in to one of our wellbeing centres.

## Tenancy Support Service



We provide a Tenancy Support Service to enable people to maintain their tenancy or to access appropriate housing.

We may be able to provide support around budgeting; general housing issues, for example housing repairs that the landlord is responsible for; or more specific issues like eviction.

### How to access:

There is a referral process for this service. For further information you can contact a community service worker.

Email: [housing@mhmwales.org](mailto:housing@mhmwales.org)

Registered Company Number: 6468412 Charity Number: 1123842



## Community Advocacy Service

We work with people who experience mental health problems to help them to have their voice heard and acted upon when dealing with primary and secondary health and social care providers.

We can support people to attend a range of appointments and meetings; for example psychiatrist, benefits interviews and care reviews. For more information please contact a community advocacy worker.

**Email:** [cas@mhmwales.org](mailto:cas@mhmwales.org)

## Information & Training

Information on mental health services and other related services that are available locally and nationally.

Information on mental/emotional health issues.

Directories of mental/emotional health related services for both adults and younger people.

Training to raise awareness of mental health and emotional wellbeing issues.

**Email:** [info@mhmwales.org](mailto:info@mhmwales.org)

## Mental Health Matters Wales

63 Nolton Street  
Bridgend CF31 3AE

**'We work to promote the mental and emotional health and well-being of the public through the provision of information, advocacy, training and support'**

**For additional information regarding our services. Please contact us on:**

**Tel:** **01656 767045**

**Email:** [admin@mhmwales.org](mailto:admin@mhmwales.org)

**Website:** [www.mhmwales.org](http://www.mhmwales.org)

Registered Charity Number: 1123842

Company Number: 6468412

**September 2009**



## Services for the Community

- Wellbeing Drop-in Centres
- Tenancy Support
- Community Advocacy
- Information

Working to provide a quality service that:  
Assists Supports Enables Empowers