



MENTAL HEALTH
MATTERS WALES

PROJECT 360 RCT

Project 360 RCT is a Community Liaison Service that works on a one-to-one basis with individuals aged 16 - 65 with a wide range of social, emotional or mental health needs to provide **signposting, advice and guidance** to get into education, employment and training, as well as providing support groups to reduce isolation, loneliness, and anxiety.

Who can access the service?

Individuals aged 16 - 65 in the Rhondda Cynon Taff area who are not in education, employment or training (NEET), with those aged 20-24 having been out of work for 18 months.

For more information or to make a referral,
contact Beth on **07966 904 286** or email
project360@mhmwales.org

VOLUNTEERING MATTERS


**PROJECT
SCOTLAND**

**GET
THE
GEN**

#iwill