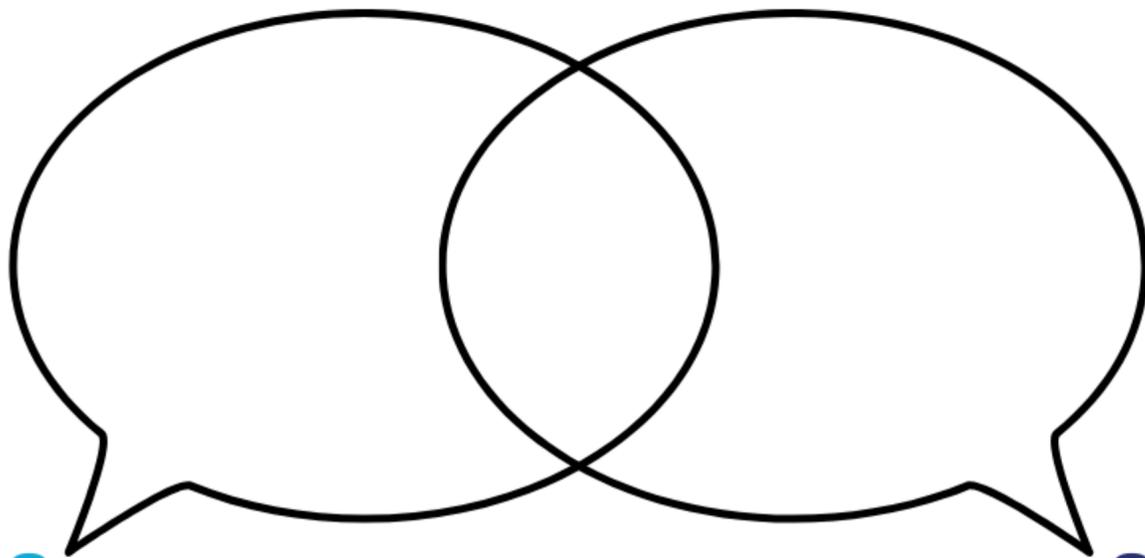




**MENTAL HEALTH
MATTERS WALES**



TalkingConnections

MHM Wales provides an online and telephone counselling service for anyone with emotional or mental health issues looking for help and support.

£10 per session.

Download a self-referral form from

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Talking Connections adopts the Code of Ethics & Practice of the British Association for Counselling and Psychotherapy



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