



## MENTAL HEALTH MATTERS WALES SERVICE UPDATE DURING COVID 19

Following the Government rules in force to stay at home, MHM Wales and New Horizons have launched a FREE telephone befriending service, for over 18s, covering Bridgend and RCT areas to help people stay connected.



To register your details simply send a text with your name and number to:

Sara (RCT area) 07966 904286

Michelle (Bridgend) 07966 632709

Your details will then be passed on to a befriender to make contact with you.



#stayathome



Our **SHARE** and **SORTED** peer support groups are being run via zoom to ensure we can still be there for on going support for self harm and eating disorders.

For more information on self-harm, contact **SHARE** by emailing  
[alun.fletcher@mhmwales.org](mailto:alun.fletcher@mhmwales.org)

For more information on Eating Disorders, contact **SORTED** by emailing  
[donna.mason@mhmwales.org](mailto:donna.mason@mhmwales.org)

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**BEFRIENDING**



**SORTED**



**SHARE**