



MENTAL HEALTH  
MATTERS WALES



# Wellbeing Retreat

**For residents of Bridgend only**

Wednesdays, Friday, Saturdays and Sundays

5pm - 11pm

The Wellbeing Retreat is an out of hours service provided by Mental Health Matters Wales in partnership with Cwm Taf Morgannwg University Health Board to offer emotional support to individuals experiencing mental health issues and social distress.

To reduce barriers to accessing support, transport can be provided from home to the Wellbeing Retreat and from the Wellbeing Retreat home

Appointments are referral based **ONLY**.  
**Health professionals can refer directly to**  
**[wellbeingretreat@mhmwales.org](mailto:wellbeingretreat@mhmwales.org)**  
**Alternatively please contact NHS:**  
**111 press 2**



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board