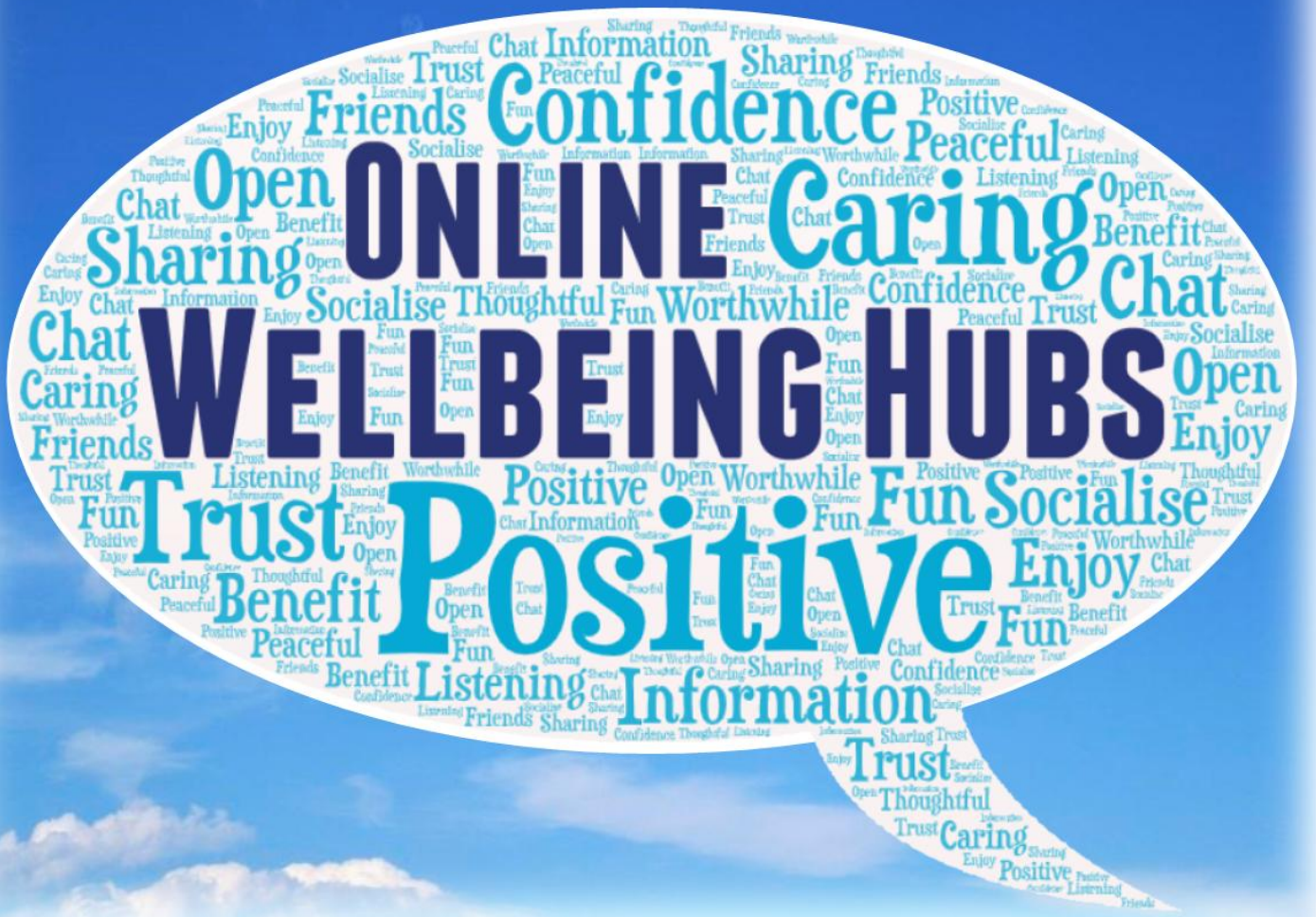
MHM WALES

#KeepWalesSafe

WELLBEING



Mental Health Matters Wales

Online Wellbeing Hubs

Mondays, Wednesdays and Fridays

1pm - 2pm on ZOOM

Meeting ID: 924 8411 0560

Visit www.mhmwales.org.uk for information and updates on all our services

Charity Number: 1123842

Company Number: 6468412