

We are NPT Mind. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

We offer a diverse range of projects and services across the entire Neath & Port Talbot area. We are part of the Mind network, and together with 20 other local Mind groups in Wales, we are committed to improving the mental health and emotional wellbeing in this country - now more than ever.

Get in touch with us:

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Registered charity number: 1076817



# How can we help?

 mind | Neath Port Talbot  
for better mental health  
o blaid gwel iechyd meddwl | Castell-nedd Port Talbot

**Here for when you need us-now  
and in the future ...**



## Services During Covid-19

Although our Resource Centre is currently closed to visitors, we have been busy moving our services over to remote delivery methods for people living across NPT. Even though we are currently unable to offer face to face sessions and appointments, we have moved them over to online platforms and by telephone.

Services include:

### What can I access?

- Mental health information, support and advice to all
- Free Counselling for anyone affected by the current Covid-19 pandemic
- Free counselling and workshops for over 50's via our 'Bywyd Aur' Project
- Free Counselling, training and workshops via our 'What's the Score?' Wellbeing & Sport Project
- Active Monitoring
- Welfare Rights Advice & Support
- Life Project
- Regular online groups, workshops and sessions- including: Mindfulness / Yoga / Pilates/Social Groups/Anxiety & Depression Workshops/ OCD & Hoarding Sessions/ Bereavement Support/CBT Courses.