

Covid-19

Are you feeling overwhelmed, anxious, worried,
are your emotions up and down?

Mind Monmouthshire are here to support you and your wellbeing.

We offer a confidential and friendly service.

- Information, Advice or someone to talk to about you feel?
- Benefits Advice; including help to make new claims
- Tenancy and Housing Support
- Farmers Support

Contact us Monday to Friday 9.00am - 4.30pm

- Phone: 01873 858275
- Text: 07950 889415
- Email: iaa@mindmonmouthshire.org.uk

Saturday to Sunday 9.00am - 4.30pm

- Phone only: 01873 858275



Mind Monmouthshire is a
Registered Charity (1150165)

 **mind** | Monmouthshire
for better mental health
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Sir Fynwy

