



Mental Health Support Service Directory

Useful information, advice and contacts in Merthyr Tydfil and Rhondda Cynon Taf

www.mentalhealthsupport.co.uk

The Mental Health Forum RCT & MT

The Forum is a syndicate of voluntary sector mental health organisations working in Rhondda Cynon Taff and Merthyr Tydfil. Bringing together the mental health voluntary sector, statutory sector and local health board to enhance co-production of local mental health services and the chance to enhance the co-ordination of services.

The Mental Health forum welcomes any voluntary sector group which provides a service to adults who may be experiencing mental health problems or any organisation with a special interest in mental health within RCT and MT. The Forum is hosted by Interlink (the community voluntary council for RCT). The Mental Health Development Officer (Interlink) facilitates and supports the Forum and its members.

This Service Directory is a Mental Health Forum development. To download a PDF Document of the Service Directory please go to www.mentalhealthsupport.co.uk

The aims of the Forum are as follows:

- To be a focal point for local mental health organisations.
- To act as a force for change in services provided for people with mental health problems.
- To debate and promote the consideration of new and creative mental health services.
- To promote high standards of service provision and good practice in mental health.

We achieve this by:

- Participation
- Promoting interagency co-operation
- Responding to consultation documents
- Enhancing the voluntary sector's contribution in joint planning, and the delivery of local mental health services
- Information
- Sharing information on good practice on a variety of mental health related issues
- Disseminate information and a regular e-bulletin
- Raising public awareness through a web site, displays, promotions and events
- Training
- Promoting quality training for voluntary and statutory organisations
- Supporting users and carers
- Supporting the development of user and carer initiatives and involvement
- Development
- Identifying gaps in service provision
- Contributing to service development

A

Adref



Address
Adref Ltd
54/55 Bute Street
Aberdare
CF44 7LD

Telephone: 01685 878755
Email: info@adref.org.uk
Website: www.adref.org.uk

Advocacy Support Cymru



Address
ASC
Brook House
2 Lime Tree Court
Mulberry Drive
Cardiff Gate Business Park
Cardiff CF23 8AB

Telephone: 029 2054 0444
Email: info@ascymru.org.uk
Website: www.ascymru.org.uk

Age Concern Morgannwg



Address
Age Concern Morgannwg
Principality House,
Pontypridd,
CF37 4TR

Telephone: 01443 490650
Email: information@acmorgannwg.org.uk
Website:
www.acmorgannwg.org.uk

Agoraphobics United

Address
100 Ebery Grove
Portsmouth
Hampshire
PO3 6HQ

Telephone: 02392 610391
(National helpline)
Email: sazzle1@ntlworld.com

A

Alzheimers Society



Address
Alzheimers Society
89-90 High Street,
Merthyr Tydfil,
CF47 8UH

Telephone: 01685 353919
Email:
merthyr@alzheimers.org.uk
Website:
www.alzheimers.org.uk

Alzheimers Society



Address
Alzheimers Society
Principality House,
PONTYPRIDD,
CF37 4TP

Telephone: 01443 400233
Email: rhonddacynontaff@alzheimers.org.uk
Website:
www.alzheimers.org.uk

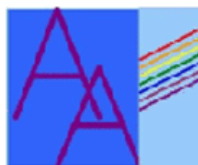
Amber Project



Address
Quaker Meeting House
43 Charles St
Cardiff
CF10 2GB

Telephone: 029 2034 4776
Website:
www.amberproject.org.uk

Anxiety Alliance



Address
1 Taylor Close
Kenilworth
Warwickshire
CV8 2LW

Telephone: 0845 296 7877
(National helpline)
Email: anxietyalliance1@btinternet.com
Website:
www.anxietyalliance.org.uk

A

Anxiety UK



Address
Anxiety UK
Zion Community
Resource Centre
339 Stretford Road,
Hulme, Manchester
M15 4ZY

Telephone: 08444 775774
(National helpline)
Email:
support@anxietyuk.org.uk
Website:
www.anxietyuk.org.uk

Arts factory



Address
Arts factory
Ferndale
CF43 4LY

Telephone: 01443 757954
Email: info@artsfactory.co.uk
Website:
www.artsfactory.co.uk

Asist



Address
Unit 8, Cavendish
Business Centre
86A Cavendish Place
Eastbourne
East Sussex
BN21 3RR

Telephone: 01323-648836
Email: info@welmind.org.uk
Website: www.asist.org.uk

Ategi



Address
Ategi
Smith House
Cardiff Road
Rhydyfelin
Pontypridd
CF37 5HP

Telephone: 01443 484400
Email: info@ategi.co.uk
Website: www.ategi.org.uk

B

Barnardos Merthyr Partnership



Address
Barnardos Merthyr
Partnership
56 High Street,
Merthyr Tydfil,
CF47 8UN

Telephone: 01443
486645/01685 379502
Email:
Website:
www.barnardos.org.uk

beat



Address
103 Prince of Wales
Road
Norwich
NR1 1DW

Telephone: beat Youthline
0845 634 7650 /beat Helpline
0845 634 1414
Email: help@b-eat.co.uk
info@b-eat.co.uk
Website: www.b-eat.co.uk

BeatBullying



Address
Rochester House
Units 1, 4 & 5
4 Belvedere Road
London SE19 2AT

Telephone: 0208 771 3377
Email: hello@beatbullying.org
Website:
www.beatbullying.org

bipolar UK



Address
4th Floor
Clarence House
Clarence Place
Newport
NP19 7AA

Telephone: Tel: 01633 244
244
Fax: 01633 244 111
Email:
walesinfo@bipolaruk.org.uk
Website: www.bipolaruk.org.

B

Brynawel House



Address
Brynawel House,
Llanharry Road,
Llanharan
Rhondda Cynon Taff,
CF72 9RN

Telephone: 01443 226864
Email:
Website: www.brynawel.net

Bryncynon Healthy Living Centre



Address
Bryncynon Healthy
Living Centre
Feel Good Factory,
Mountain Ash,
CF45 4XZ

Telephone: 01443 479018
Email: healthylivingcentre@hotmail.co.uk
Website:
www.bryncynonstrategy.org.uk

C

C.A.L.L Helpline



Address

Telephone: 0800 132 737
Website:
www.callhelpline.org.uk

Campaign Against Living Miserably(CALM)



Address
CALM,
PO Box 68766,
London
SE1P 4JZ

Telephone: 0800 58 58 58
(National helpline)
Email: info@thecalmzone.net
Website:
www.thecalmzone.net

C

Carers Project



Address
Carers Project
Ty Elai,
Dinas Isof East
Williamstown
Tonypany

Telephone: 0808 100 1801
Email: CarersSupportProject@rctcbc.gov.uk
Website: www.rhondda-cynon-taf.gov.uk

Carers Trust Wales



Address
Third Floor
33-35 Cathedral Road
Cardiff
CF11 9HB

Telephone: 0292 009 0087
Email:
Website: www.carers.org

Citizens Advice Bureau



Address
Old Library
Duffryn Road
Mountain Ash
CF45 4DA

Telephone: 0844 477 2020
Specialist debt and welfare
benefits: 01443 475948
Email: cynonvalleycab@talk21.com
Website:
www.citizensadvice.org.uk

Citizens Advice Bureau



Address
5 Gelliwastad Road
PONTYPRIDD
Rhondda Cynon Taff
CF37 2BP

Telephone: Adviceline (land
lines) 08444 77 20 20
(mobiles) 0300 4 568 356
Admin line 01443 409284
Website:
www.citizensadvice.org.uk

C

Citizens Advice Bureau



Address
Tramroadside North
MERTHYR TYDFIL
Merthyr Tydfil
CF47 0AP

Telephone: Adviceline Cymru
08444 77 20 20
Office Line 01685 382188
Website:
www.citizensadvice.org.uk

Combat Stress (Ex-Services Mental Welfare Society)



Address
Combat Stress
Tyrwhitt House
Oaklawn Road
Leatherhead
Surrey KT22 0BX

Telephone: 0800 138 1619
Email: contactus@combat-stress.org.uk
Website: www.combatstress.org.uk
uk
First Tuesday of every month -
veterans group in Pontypridd

Community Drug & Alcohol



Address
Mountain Ash Clinic,
Mountain Ash General
Hospital,
Ysbyty Cwm Cynon,
New Road, Mountain
Ash, CF45 4EZ

Telephone: 01443 715110
Email:
Website:
www.substancemisuserct.co.uk

Community Drug & Alcohol Team (CDAT)



Address
Rhondda Integrated
Substance Misuse
Services (RISMS),
Trealaw Resource
Centre, Brynteg Terrace,
Trealaw CF40 2PD

Telephone: 01443 443443 Ext
5757
Email:
Website:
www.substancemisuserct.co.uk

C

Community Drug & Alcohol



Address
Merthyr Integrated
Drug and Alcohol
Services (MIDAS),
Oldway house,
Castle Street,
Merthyr Tydfil

Telephone: 01685 721991
Email:
Website:
www.substancemisuserct.co.uk

Community Drug & Alcohol Team (CDAT)



Address
Llwyn yr Eos Clinic,
Main Road,
Church Village,
CF38 1RN

Telephone: 01443 443060
Email:
Website:
www.substancemisuserct.co.uk

Community Mental Health Team



Address
Cynon CMHT,
Cynon Valley Team,
Ysbyty Cwm Cynon,
Mountain Ash

Telephone: 01443 715100
Email:
Website:
www.rhondda-cynon-taf.gov.uk

Community Mental Health Team



Address
Merthyr Adult CMHT
Keir Hardie Health
Park,
Merthyr Tydfil

Telephone: 01685 351100
Email:
Website:
www.merthyr.gov.uk

C

Community Mental Health Team



Address
Ty Afon
Adjacent to 148
Aberrhondda Road
Porth
RCT

Telephone: 01443 688770
Email:
Website:
www.rhondda-cynon-taf.gov.uk

Community Mental Health Team



Address
Taff Ely CMHT,
Ty Draw,
The Avenue,
The Common,
Pontypridd
CF37 4DF

Telephone: 01443 486856
Email: ChiefExecutive.CTHB@wales.nhs.uk
Website:
www.rhondda-cynon-taf.gov.uk

Commission Accomplished

Address



Telephone: 01685 353900
Email:
Website:
www.commissionaccomplished.co.uk

Communities First



Address

Telephone: 01443 757171
Email: commfirstenquiries@rctcbc.gov.uk
Website: www.rctcbc.gov.uk

C

Crisis Resolution Team



Address
Crisis Response Home
Treatment Team -
South
Royal Glamorgan
Hospital, Llantrisant

Telephone: 01443 443443 ext 4388
Email: Alison.Williams@wales.nhs.uk
Website: www.wales.nhs.uk

Crisis Resolution Team



Address
Crisis Response Team
- North
Prince Charles Hospital
Merthyr Tydfil

Telephone: 01685 726952
Email:
Website: www.wales.nhs.uk

Crisis Resolution Team



Address
Home Treatment Team
- North
Prince Charles Hospital
Merthyr Tydfil

Telephone: 01685 726953/4
Email:
Website: www.wales.nhs.uk

CRUSE



Address

Telephone: 0844 477 9400
Email: helpline@cruse.org.uk
Website: www.cruse.org.uk

C

Cwm Taf Community Health Council



Address
10 Maritime Offices,
Woodland Terrace,
Maesycod, Pontypridd,
CF37 1DZ

Telephone: 01443 405830
Email: enquiries@cwmtafhc.org.uk
Website: www.wales.nhs.uk/sitesplus/903

Cwm Taf LHB



Address
Cwm Taf Health Board
Headquarters
Ynysmeurig House
Navigation Park
Abercynon
CF45 4SN

Telephone: 01443 744800
Website: www.cwmtafhb.wales.nhs.uk

D

Dementia Care Matters



Main Office
Dementia Care
Matters Ltd
Ground Floor
St Georges House
34-36 St Georges Road
Brighton BN2 1ED

Telephone: 01273 242335
Website: www.dementiacarematters.com

Disability Wales



Address
Disability Wales,
Bridge House,
Caerphilly Business
Park, Van Road,
Caerphilly
CF83 3GW

Telephone: 029 20887325
Email: info@disabilitywales.org
Website: www.disabilitywales.org

D

Diverse Cymru



Address
Diverse Cymru
3rd Floor, Alexandra
House,
Cowbridge Road East,
Cardiff
CF5 1JD

Telephone: 029 2036 8888
Email: info@diversesecymru.org.uk
Website: www.diversesecymru.org.uk

Doctors Support Line



Address
PO Box 360
Stevenage
Hertfordshire
SG1 9AS

Telephone: 0844 395 3010
Email: info@dsn.org.uk
Website: www.dsn.org.uk

Drive



Address
Unit 8
Cefn Coed
Parc Nantgarw
Nantgarw
CF15 7QQ

Telephone: 01443 845260
Email: mail@driveltd.org.uk
Website: www.driveltd.org.uk

Drugaid Merthyr and RCT



Address
MIDAS
1st & 2nd Floor,
Oldway House
Castle Street
Merthyr Tydfil
CF47 8UX

Telephone: 01685 721 991
Email:
Website:
www.drugaidcymru.com

D

Drugaid Merthyr and RCT



Address
Pontypridd Drop In
7 Gelliwasted Road
Pontypridd
CF37 2BP

Telephone: 01443 408087
Email:
Website:
www.drugaidcymru.com

Drugaid Merthyr and RCT

Address
RISMS
Trealaw Resource
Centre
Brynteg Terrace
Trealaw RCT
CF40 2PD

Telephone: 01443 443443
(EXT: 5757)
Email:
Website:
www.drugaidcymru.com

E

Eating Disorder - Cwm Taf LHB



Address
Tier 2 Eating Disorder
Lead Clinician
Maritime Resource Centre
Woodland Terrace
Maesycoed
Pontypridd CF37 1DZ

Telephone: 01443 486222 ext
5404
Fax: 01443 486322
Email: Carolyn.Sansom@
wales.nhs.uk
Website: www.cwmtafhb.
wales.nhs.uk

Education Programme for Patients



Minu Mandora
EPP Cymru Coordinators
Cwm Taf Local Health
Board, Ynysmeurig
House, Unit 3,
Navigation Park
Abercynon CF45 4SN

Telephone: 01443 744800
Email:
Minu.Mandora@wales.nhs.uk
Website: www.eppwales.org

E,F

E.L.I.T.E



Address
Head Office
8 Magden Park
Greenmeadow
Llantrisant
Rhondda Cynon Taff

Telephone: 01443 226664
Email:
information@elitesea.co.uk
Website: www.elitesupport-
edemployment.co.uk

F

FADS



Address
9 Shopping Centre
Penywaun
Aberdare
CF44 9HD

Telephone: 01685
814900/07985 186951
Email: fadsafamilyservice@
hotmail.co.uk
Website:
www.fadsafamilyservice.co.uk

Families First



Address
Families First,
Unit 8 Centre Court
Main Ave
Treforest Ind Est
Pontypridd

Telephone: 01443 827000
Email:
FamiliesFirst@rctcbc.gov.uk
Website: www.rctcbc.gov.uk

Fifty+ Forum

Address
Merthyr Tydfil

Telephone: 01685
724636/01685 727017
Email: socialregeneration@
merthyr.gov.uk
Website: www.merthyr.gov.uk

F

Friends r Us

Address
Friends r Us
75 Duffryn Street,
Mountain Ash,
CF45 3HR

Telephone: 0808 100 1801
Email:
Website:

Friends r Us

Address
Friends r Us
2 Commerce Place,
Aberaman,
CF44 6SY

Telephone: 0808 100 1801
Email:
Website:

G

Gelli Deg and Treharris Healthy Living Centre



Address
Gelli Deg and Treharris
Healthy Living Centre
1 & 2 Winchfawr
House, Merthyr Tydfil,
CF48 1HA

Telephone: 01685 383929
Email:
Website:

Glasgow Steps



Address
South East Glasgow

Telephone: 01443 484400
Email:
info@glasgowsteps.com
Website:
www.glasgowsteps.com

G

Gofal Cymru (Rhondda Cynon Taff)



Address
Gofal Cymru (Rhondda
Cynon Taff)
1 Melin Corrwg,
Upper Boat
CF37 5BE

Telephone: 01443
845970/01685 373322
Email: enquiries@gofal.org.uk
Website:
www.gofalcymru.org.uk

Gwalia Care and Support



Address
Grŵp Gwalia Cyf,
7-13 The Kingsway
Swansea
SA1 5JN

Telephone: Freephone 0800
012 1080
Repairs: Freephone
0800 012 1080, lines open 24
hours a day
Email: enquiries@gwalia.com
Website:
www.gwaliacareandsupport.com

H

Hafal



Address
hafal, Unit 16, Pant
Industrial Estate,
Dowlais,
Merthyr Tydfil
CF48 2SR

Telephone: 01685 373322
Email: merthyr@hafal.org
Website: www.hafal.org

Hafal



Address
Hafal Rhondda
Cynon Taff, Unit 39,
Aberaman Business
Park, Aberaman
Aberdare
CF44 6DA

Telephone: 01685 884918
Email: rcttower@hafal.org
Website: www.hafal.org

H

Hafod Care Association Ltd



Address
Hafod Care
Association Ltd
2nd Floor St Hilary's
Court,
Culverhouse Cross,
CF5 6ES

Telephone: 01443
425535/01443 425465
Email: admin@hafod.co.uk
Website: www.hafodcare.org.
uk

Health Challenge RCT



Address
Health & Well-being
Team, Cwm Taf
Local Health Board,
Ynysmeurig House,
Navigation Park,
Abercynon CF45 4SN

Telephone: 01443 744800
Email:
Deb.griffiths@wales.nhs.uk
Website: www.healthchalleng-
erct.org.uk

I

Interlink Mental Health Project



Address
Interlink Mental
Health Project
6 Melin Corrwg,
Cardiff road,
Upper Boat,
Cf37 5BE

Telephone: 01443 846200
Email:
Website:
www.interlinkrct.org.uk

J

Job Centre Plus



Part of the Department
for Work and Pensions
Rhan o'r Adran Gwaith
a Phensynau

Address
Job Centre Plus
South Wales Valleys
District Office,
Pontypridd,
CF37 2UA

Telephone: 01443 484733
Email:
Website: www.gov.uk/job-
search

Job Centre Plus



Part of the Department
for Work and Pensions
Rhan o'r Adran Gwaith
a Phensynau

Address
Ty Bethesda,
Avenue De Clichy,
Merthyr Tydfil,
Mid Glamorgan
CF47 8AS

Telephone: 0845 6043719
Email:
Website:
www.gov.uk/jobsearch

Journeys



Address
Journeys
Alexandra gate
Business Centre
2 Alexandra gate
Ffordd Pengam
Cardiff CF24 2SA

Telephone: 02920 692891
Email:
info@journeysonline.org.uk
Website:
www.journeysonline.org.uk

M

M.A.S.H

Address
Maerdy Communities
First
Teifi House,
Ferndale,
CF43 4BE

Telephone:
Email: Kristen.Jones@
rhondda-cynon-taff.gov.uk
Website:
www.
maerdycommunitiesfirst.

Mental Health Matters (Wales)



Address
IMCA/IMHA Service
IMCA Wales
Unit 5 De Clare
Business Park
Pontywindy Road
Caerphilly CF83 2WA

Telephone: 02920 888901
Email:
imca@imcawales.org
imha@imhawales.org
Website: www.imcawales.org

Mentor Allan/Venture Out



Address
Mentor Allan
NLC, 17-20 Penyder,
Gynos,
Merthyr Tydfil
CF47 NDY

Telephone: 01685 725058/0845
113 00 65
Email:
Ryan.Stokes@merthyr.gov.uk
Website:

Merthyr & the Valleys Mind



Address
Merthyr & the Valleys
Mind
Rear of 111/112 High
Street,
Merthyr Tydfil,
CF47 8AP

Telephone: 01685 359183
/01443 484300
Email: info@matvmind.org
Website: www.matvmind.org
Counselling: GP Referral only

Merthyr & the Valleys Mind



Address
Merthyr & the Valleys
Mind
20 Morgan Street,
Pontypridd, RCT
CF37 2DS

Telephone: 01685 359183
/01443 484300
Email: info@matvmind.org
Website: www.matvmind.org
Counselling: GP Referral only

Merthyr Tydfil County Borough Council



Address
Merthyr Tydfil CBC,
Civic Centre,
Castle Street,
Merthyr Tydfil,
United Kingdom

Telephone:
Seymour Berry: 01685 721671
Email: customer.care@
merthyr.gov.uk
Website: www.merthyr.gov.uk

Merthyr Women's Aid



Address
Merthyr Women's Aid
47-48 Pontmorlais
Centre,
Merthyr Tydfil,
CF47 8UN

Wales Domestic Abuse
Confidential Helpline,
freephone number is
08 08 80 10 800
24-hour helpline 01443 693737
Website:
www.welshwomensaid.org

MHF



Address
Mental Health
Foundation,
22 - 29 Mill Street,
Newport
NP20 5HA

Telephone: 02078 031100
Email:
Website: www.mhf.org.uk

Mind



Address
Mind
Rear of 111/112 High
Street,
Merthyr Tydfil,
CF47 8AP

Telephone: 01685 359183
Email:
Website:
www.mind.org.uk

N

New Beginnings



Address
New Beginnings,
Glyncoch, Community
Centre, Porcher
Avenue
Glyncoch

Telephone: 01443 424350
Email:
Website:

N

Nightline Association



Address
Helpline office
PO Box 2398
Ilford
Essex
IG1 8ED

Website: www.nightline.ac.uk

New Horizons



Address
New Horizons,
16a Dean St,
Aberdare
CF44 7BN

Telephone: 01685 881113
Email: info@newhorizons-mentalhealth.co.uk
Website: www.newhorizons-mentalhealth.co.uk

O

OCD Action



Address
OCD Action
Suite 506-507 Davina
House,
137-149 Goswell Road
London, EC1V 7ET

Telephone: 0845 3906232
Email: support@ocdaction.org.uk
Website: www.ocdaction.org.uk

New Pathways



Address
New Pathways
Willow House,
Merthyr Tydfil,
CF47 0DA

Telephone: 01685 379310
Email: enquiries@newpathways.org.uk
Website: www.newpathways.org.uk

P

Papyrus



Address
67 Bewsey Street
Warrington
Cheshire
WA2 7JQ

Telephone: 0800 068 41 41
Email: admin@papyrus-uk.org
Website: www.papyrus-uk.org

NHS



Address
NHS Direct
2nd Floor
120 Leman Street
London
E1 8EU

Telephone: 0845 46 47
Email:
Website: www.nhsdirect.nhs.uk

Platform 51 Cymru



Address
Platform 51 Cymru
5 Williams Court
Trade Street
Cardiff
CF10 5DQ

Telephone: 02920 224924
Email: cardiff@platform51.org
Website: www.platform51.org

P

Pontypridd Women's Aid

Address
Pontypridd Women's
Aid
3 Church Street,
Rhondda Cynon Taff,
CF37 2TH

Telephone: 01443 491528 /
01443 480067
Email:
team@pontypriddwa.org.uk
Website:

Positive Steps



Address
Positive Steps, Darran
Las Community Build-
ing, Darran Las,
Mountain Ash

Telephone: 01443 424350
Email:
Website:

Premier Life



Address
Premier Life
22 Chapter Street
London
SW1P 4NP

Telephone: 0845 345 0707 (BT
Local Rate)
020 7316 0808
Email: mindandsoul@premier.
org.uk
Website: www.premier.org.uk

R

RCT Young Carer's Service

Address
Heddfan
Ilan Avenue
Rhydyfelin
Pontypridd
CF37 5PN

Telephone: 01443 668839
Email: Rachel.S.Wickett@
rctcbc.gov.uk
Website: www.rhondda-
cynon-taf.gov.uk

R

RCT Eye to Eye Youth Counselling Service



Address
Beddau CEC,
Bryncelynnog
Comprehensive
School, Beddau,
Pontypridd, Rhondda
Cynon Taff CF38 2AE

Telephone: 01443 202940 or
01443 204551
Text us: 07873 434322
Email: info@eyetoeyewales.
co.uk
Website: www.
eyetoeyewales.co.uk

Relate



Address
Insole Court,
Fairwater Road,
Llandaff, Cardiff
CF5 2LN

Telephone: Appointments -
01792 480088
Email: enquiries@
relatecymssru.org.uk
Website: www.relatecymru.
org.uk

Rhondda Cynon Taf



Address
Rhondda Cynon Taf
County Borough
Council
The Pavilions
Cambrian Park

Telephone: Taff Ely & Rhond-
da CMHT, Ty Afon: 01443
688700 - Cynon CMHT, St.
David's: 01685 881246
Email: customerservices@
rctcbc.gov.uk
Website: www.rctcbc.gov.uk

Rhondda Listening Friends



Address
Rhondda Listening
Friends,
St. John's Church Hall,
Ton Pentre

Telephone:
Email:
Website:

R

Rhondda Womens Aid



Address
PO Box 1,
Ferndale
Rhondda Cynon Taff
CF43 3YD

Telephone: 01443 731445
Email:
info@rhonddawa.org.uk
Website:
www.rhonddawa.org.uk

S

Seven

Address
7 Gelliwastad Road
Pontypridd

Telephone: 01443 408 087
Email: Number7@drugaidcymru.com
Website: www.drugaidcymru.com

RNIB



Address
Royal National
Institute of Blind
People
105 Judd Street
London
WC1H 9NE

Telephone: 020 7388 1266
Helpline: 0303 123 9999
Email: helpline@rnib.org.uk
Website: www.rnib.org.uk

SNAPCYMRU



Address
SNAP Cymru
HeadOffice:
10 Coopers Yard,
Curran Road,
Cardiff
CF10 5NB

Telephone:
Helpline: 0845 120 3730
Email:
headoffice@snapcymru.org
Website: www.snapcymru.org

Routes to Recovery(Gofal)



Address
Gofal Cymru (Rhondda
Cynon Taff)
1 Melin Corrwg,
Upper Boat
CF37 5BE

Telephone: Pam Sargent
01443 845970
Email: enquiries@gofal.org.uk
Website:
www.gofalcymru.org.uk

Stonewall Cymru



Address
Stonewall Cymru
Transport House
1 Cathedral Road
Cardiff
CF11 9SB

Telephone: 029 2023 7744
Email:cymru@
stonewallcymru.org.uk
Website: www.stonewall.org.uk/cymru

S

Samaritans



Address
75 Cowbridge Road
East,
Canton,
Cardiff
CF11 9AF

Telephone: 08457 909090
Email: jo@samaritans.org
Website: www.samaritans.org

Strengthening Families



Address
SFP 10-14 Coordinator
Families First,
Unit 8 Centre Court
Main Ave, Treforest
Ind Est, Pontypridd
CF37 5YR

Telephone: 01443 827000
Email: FamiliesFirst@rctcbc.gov.uk
Website: www.rctcbc.gov.uk

P

SupportLine



Address
SupportLine,
PO Box 2860,
Romford,
Essex RM7 1JA

Telephone: 01708 765200
Email:
info@supportline.org.uk
Website:
www.supportline.org.uk

Substance Misuse RCT



Address
Substance Misuse RCT
Cynm Office
Trecynon
Aberdare

Telephone: 01685 875481
Email: contact@substancemis-
userct.co.uk
Website: www.substancemis-
userct.co.uk

T

TASHA Foundation



Address
112 High Street
Brenford
Middx
TW8 8AT

Telephone: 0208 560 6601
Email: enquiries@tasha-
foundation.org.uk
Website:
www.tasha-foundation.org.uk

TEDS



Address
TEDS
Engine House,
Aberdare,
CF44 8DL

Telephone: 01685 880 090
Email: teds@teds.org.uk
Website: www.teds.org.uk

T

TEULU MAC

Address
TEULU MAC
47 - 48 Pontmorlais
Merthyr Tydfil
CF47 4UN

Telephone: 01685 387 172
Freephone: 0800 389 7552
Email:
Website: www.mtcsp.org.uk

U

University of South Wales



Address
University of South
Wales
Pontypridd
Wales, UK
CF37 1DL

Telephone: 08455 76 01 01
Email:
enquiries@southwales.ac.uk
Website:
www.southwales.ac.uk

V

VALREC



Address
VALREC
Ty Menter, Navigation
Park, Abercynon, Pon-
typridd, CF45 4SN
Clydach Vale

Telephone: 01443 742704
Email: info@valrec.org
Website: www.valrec.org

VAMT



Address
VAMT
89/90 High Street,
Merthyr Tydfil,
CF47 8UH

Telephone: 01685 353932
Email: enquiries@vamt.net
Website: www.vamt.net

V

Venture Out/Mentro Allan



Address
Venture Out
NLC, 17-20 Penyder,
Gynos, Merthyr Tydfil,
CF47 NDY

Telephone: 01685
725058/0845 113 00 65
Email:
Ryan.Stokes@merthyr.gov.uk
Website:
www.mentroallan.co.uk

Veteran Network



Address: Rhondda
Veterans Support
Group, Sky Blue Cafe,
Bar Lakeside Buildings
Cambrian, Countryside
Park, Clydach Vale
CF40 1JJ

Telephone:
Email:
Website:
www.rhonddaveterans.org.uk

Veteran Service



Address
William Watkins,
Veterans Therapist,
Maritime Centre,
Woodland Terrace,
Maesycoed,
Pontypridd, CF47 1DZ

Telephone: 01443325 ext.5412
Email: William.Watkins@
wales.nhs.uk
Website:
www.veteranswales.co.uk

W

Wales Council for Deaf People



Address
Wales Council For
Deaf People
Glenview House,
Courthouse Street,
Pontypridd
CF37 1JY

Telephone:
01443 485687 (voice)
01443 485686 (text)
01443 408555 (fax)
Email: mail@wcdeaf.org.uk
Website: www.wcdeaf.org.uk

W

Wales Council for the Blind

Address
Wales Council for the
Blind
2nd Floor,
Hallinans House,
22 Newport Road,

Telephone: 029 20 473954
Email: staff@wcb-ccd.org.uk
Website:
www.wcb-ccd.org.uk

Y

YoungMinds Parents Helpline



Address
Suite 11 Badon Place
Crosby Row
London
SE1 1YW

Telephone: 0808 802 5544
Email:
parents@youngminds.org.uk
Website: www.youngminds.
org.uk/parents