



Mental Health Support Service Directory

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

www.mentalhealthsupport.co.uk

Action on Hearing Loss

Address
19-23 Featherstone Street,
London
EC1Y 8SL

Telephone: 0808 808 0123 (freephone)
Email: informationline@hearingloss.org.uk
Website: www.actiononhearingloss.org.uk



Adref

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

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



Alzheimers Society

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

Telephone: 01685 385033
Email: merthyr@alzheimers.org.uk
Website: www.alzheimers.org.uk



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
Email:

Website: www.churcharmy.org.uk/ms/AmberProject/amb_home.aspx



Arts factory

Address
Arts factory
Ferndale
CF43 4LY

Telephone: 01443 757954
Email:

Website: www.artsfactory.co.uk



Asist

Address
Wealden Eastbourne & Lewes Mind
Highlight House, Suite 1
St Leonard's Road
Eastbourne
East Sussex
BN21 3UH

Telephone: 01323-648836
Fax: 01323-727796
Email: info@welmind.org.uk
Website: www.asist.org.uk



Ategi

Address
Ategi
Unit B8,
Taff's Well,
CF15 7YF

Telephone: 02920 2081 3434
Email:
Website: www.ategi.org.uk



Awetu

Address
3rd floor,
Alexandra House,
307-315 Cowbridge Road East,
Canton
CF5 1JD

Telephone: 029 2036 8899
Email: info@awetu.org.uk
Website: www.awetu.org.uk



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

Website: www.b-eat.co.uk



Brynawel House

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

Telephone: 01443 226864

Email:

Website: www.brynawelhouse.org



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.A.L.L Helpline

Telephone: 0800 132 737

Website: www.callhelpline.org.uk



Carers Project

Address
Carers Project
Heddfan
Pontypridd,
CF37 5PN

Telephone: 0808 100 1801

Email:

Website:



CDAT

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

Telephone: 01443 443060
Email:
Website:



Citizens Advice Bureau

Address
Old Library
Duffryn Road
Mountain Ash
CF45 4DA

Telephone: Advice line: 0844 477 2020
Specialist debt and welfare benefits: 01443 475948
Admin line: 01443 472103
Email: cynonvalleycab@talk21.com
Website: www.citizensadvice.org.uk



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

Address
Tramroadside North
MERTHYR TYDFIL
Merthyr Tydfil
CF47 0AP
Telephone: 08444 77 20 20 - Adviceline Cymru
01685 382188 - Office Line
Website: www.citizensadvice.org.uk

Community Mental Health Team

Address
Cynon CMHT, St.Davids,
High Street,
Aberdare
CF44 7AA

Telephone: 01685 881246
Email:
Website: www.rhondda-cynon- Taf.gov.uk



Community Mental Health Team

Address

Merthyr Tydfil CMHT,
Seymour Berry Centre,
Dowlais
CF48 3RL
Telephone: 01685 721671
Email:
Website: www.merthyr.gov.uk



Address

Rhondda CMHT,
Ty Afon,
Aberrhondda Road, Porth
CF39 0AG
Telephone: 01443 688770
Email:
Website: www.rhondda-cynon- Taf.gov.uk



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

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



Communities First

Telephone: 01443 757171
Email:
Website: www.communities-first.org



Crossroads

Address
Crossroads
10-11 The Green, Trefechan
Merthyr Tydfil
Mid Glamorgan
CF48 2EU
United Kingdom
Telephone: 01685 383500
Email:
Website: www.crossroads.org.uk

Address
Crossroads Rhondda Cynon Taff
Llanover House, Pontypridd,
CF37 4DY
Telephone: 01443 480484/01685
382366
Email:
Website: www.crossroads.org.uk



CRUSE

Address
Cruse Bereavement Care,
Merthyr Tydfil/Rhondda Cynon Taff Area,
3 Canon Street, Aberdare, CF44 7AT

Telephone: 01685 876020
Email: helpline@cruse.org.uk
Website: www.cruse.org.uk



Cwm Taf Community Health Council

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

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



Cwm Taf LHB

Address
Crisis Resolution & Home Treatment Teams
Cwm Taf LHB
Ynysmeurig House
Navigation Park
Abercynon
Mid Glamorgan
CF45 4SN

Telephone: Taff & Rhondda 01443 443 443 ext.4388
Cynon & Merthyr Tydfil 01685 726337
Email: Alison.Williams@wales.nhs.uk
Website: www.cwmtafhb.wales.nhs.uk



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



DRIVE

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

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



E.L.I.T.E

Address
E.L.I.T.E
15 Talbot Road
Talbot Green
Pontyclun
Rhondda Cynon Taff
CF72 8AD

Telephone: 01443 226664
Email:
Website: www.elitesupportedemployment.co.uk



Expert Patients Programme

Address
Voluntary Action Centre
89-90 High Street, Pontmorlais,
Merthyr Tydfil
CF47 8UH
Telephone: 01685 353911
Email: caroline.jones@vamt.net
Website: www.eppwales.org



FADS

Address
9 Shopping Centre
Penywaun
Aberdare
CF44 9HD

Telephone: 01685 814900/
07985 186951
Email:
Website: www.fadsfamilyservice.co.uk



Families First

Address
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



Friends r Us

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

Telephone: 0808 100 1801
Email:
Website: www.rhondda-cynon-taf.gov.uk/carerssupport

Friends r Us

Address
Friends r Us
2 Commerce Place,
Aberaman,
CF44 6SY
Telephone: 0808 100 1801
Email:
Website: www.rhondda-cynon-taf.gov.uk/carerssupport

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:



Gofal Cymru (Rhondda Cynon Taff)

Address
Gofal Cymru (Rhondda Cynon Taff)
1 Melin Corrwg,
Upper Boat
Telephone: 01443 845970/01685 373322
Email:
Website: www.gofalcymru.org.uk



Gwalia Care and Support

Address
Gwalia Care and Support
Caersalem House,
Gelli Road, Ton Pentre
CF41 7AS

Telephone: 01443 438280/01443 431451
Email: alun.jones@gwalia.com
Website: www.gwaliacareandsupport.com



Hafal

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

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



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

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



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

Cefnogi Gweithredu Gwirfoddol yn Rhondda Cynon Taf
Rhif Elusen Cofrestredig: 1069044



Supporting Voluntary Action in Rhondda Cynon Taff
Registered Charity No: 1069044

Job Centre Plus

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

Telephone: 01443 484733
Email:
Website: www.jobcentreplus.gov.uk

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

Telephone: 0845 6043719
Email:
Website: www.jobcentreplus.gov.uk



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

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.A.S.H

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

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

MDF the BiPolar Organisation Cymru

Address
22-29 Mill Street,
Newport,
NP20 6GY
Telephone: 0845 634 0080
Email: angela@mdfwales.org.uk
Website: www.mdfwales.org.uk



Mental Health Matters (Wales)

Address
IMCA Wales
Unit 5 De Clare Business Park
Pontygwindy Road
Caerphilly
CF83 2WA

Telephone: 02920 888901
Email: john.kirkham@imcawales.org
Website: www.imcawales.org



Mentro Allan

Address
Mentro Allan
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



Merthyr & the Valleys Mind

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

Merthyr & the Valleys Mind
20 Morgan Street,
Pontypridd,
RCT CF372DS

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



Merthyr and the Valley Minds

Merthyr Tydfil County Borough Council

Address
Merthyr Tydfil CBC,
Civic Centre,
Castle Street,
Merthyr Tydfil,
United Kingdom
CF47 8AN

Telephone: Merthyr Tydfil, 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

Telephone:

0808 80 10 800/01443 491528/01685 879673

Email:

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



New Beginnings

Address

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

Telephone: 07971540528 / 01443 688770



New Horizons

Address

New Horizons,
44-49 Cardiff St,
Aberdare
CF44 7DG

Telephone: 01685 881113

Email: newhorizons2001@btconnect.com

Website: www.newhorizons-mentalhealth.co.uk



New Pathways

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

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



Papyrus

Address
67 Bewsey Street
Warrington
Cheshire
WA2 7JQ
Telephone: 0800 068 41 41

Email: admin@papyrus-uk.org
Website: www.papyrus-uk.org



Platform 51 Cymru

Address
Platform 51 Cymru
c/o New Horizons
44-49 Cardiff St
Aberdare
CF44 7DG
Telephone: 07770578542
Email: Katie.price@platform51.org
Website: www.platform51.org



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 Building,
Darran Las,
Mountain Ash

Telephone: 01443 479713 / 07795391852
Email:
Website:



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/en/healthsocialcare/carers/youngcarers/youngcarers.aspx

RCT Eye to Eye Youth Counselling Service

Address
RCT Eye to Eye Youth Counselling Service
Beddau C.E.C,
Penycoedcae Road,
CF38 2AE

Telephone: 01443 204551

Email: Alison.Theaker@rhondda-cynon-taff.gov.uk

Website: www.eyetoeyewales.co.uk

Relate

Address
3rd Floor
26 High Street
Cardiff CF14 2BT

Telephone: 02920 229850

Email: relatecardiff@ukgateway.net

Website: www.relate.org.uk

relate
the relationship people

Rhondda Cynon Taf

Address
Rhondda Cynon Taf County Borough Council
The Pavilions
Cambrian Park
Clydach Vale
Tonypanydy CF40 2XX

Telephone:

Taff Ely & Rhondda CMHT, Ty Afon: 01443 688700

Cynon CMHT, St. David's: 01685 881246

Email:

Website: www.rctcbc.gov.uk



Rhondda Womens Aid

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

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



Samaritans

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

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



Seven

Address
TBC
Telephone:
Email:
Website:

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



South Wales Mental Health Advocacy

Address
SWMHA
PO Box 5176
CARDIFF
CF5 9DA
Telephone: 029 2039 8593
Email: contact@swmha.co.uk
Website: www.swmha.co.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



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



TEDS

Address
TEDS
Engine House, Aberdare,
CF44 8DL

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



UNI Glamorgan

Address
UNI Glamorgan
Glyntaf Campus,
Pontypridd,
CF37 1DL

Telephone: 01443 483832
Email:
Website: www.glam.ac.uk



VALREC

Address
VALREC
Ty Menter, Navigation Park, Abercynon, Pontypridd, CF45 4SN

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



Veteran Network

Address

Rhondda Veterans Support Group
Sky Blue Cafe
BarLakeside Buildings
Cambrian
Countryside Park
Clydach Vale
CF40 1JJ



Website: www.rhonddaveterans.org.uk

Veteran Service

Address

Andrew Tovey,
Veterans Therapist,
Maritime Centre,
Woodland Terrace,
Maesycod, Pontypridd,
CF47 1DZ



Telephone: 01443 486 222

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

Wales Council for the Blind

Address

Wales Council for the Blind,
2nd Floor, Hallinans House,
22 Newport Road, Cardiff CF24 0TD

Telephone: 029 20 473954

Email: staff@wcb-ccd.org.uk

Website: www.wcb-ccd.org.uk