



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Cardiff and Vale Community Liaison Team

Our service is designed to provide **befriending and signposting, advice and guidance** to support people with a wide range of social, emotional or practical needs focusing on improving mental health and physical wellbeing offering a safety net and empower them to engage within their community creating a network of support.

Who can access the service?

- Individuals with mental health related issues
- Individuals who have disengaged with services
- Individuals who experience frequent hospital admissions
- Inpatients being supported by the MHSOP team based in Cardiff and the Vale Health Board

Tel: 0300 10 249 70
Email: cclw@mhmwales.org
Web: www.mhmwales.org.uk