



**MENTAL HEALTH
MATTERS WALES**



Links

Support for 16 - 25 year olds

Links provides a safe and supportive space for young people and young carers to improve wellbeing, gain confidence, access community resources and build social networks

Sundays 12:30pm - 4:30pm

Referrals only.

**Contact links@mhmwales.org
or call (01656) 651 450 for further details**



Ariennir yn Rhannol gan
Lywodraeth Cymru
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Welsh Government

BAVO

Bridgend Association of Voluntary Organisations
Cymdeithas Sefydliadau Gwirfoddol Pen-y-bont ar Ogwr

www.mhmwales.org.uk

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