

New Horizons

**Cwm Taf Morgannwg
Coronavirus Mental
Health & Wellbeing
Signposting Helpline**

Call 01685 881113

Email info@newhorizons-mentalhealth.co.uk

**Monday – Friday
9am–4pm**

Leave your name and details and you will receive a call back from a withheld number.

Depending on demand you may not hear back the same day.



@Newhorizons_16 
@NewHorizonsMentalHealth 
www.newhorizons-mentalhealth.co.uk 
Registered Charity No/Rhif Elusen Gofrestredig: 1153115