



Due to the COVID-19 outbreak, Swansea Mind has had to suspend all its face-to-face activity. We are aware that many, many people will find this very difficult. In order to offer as much support as we can, we have put in place the following:

We are currently in the process of contacting everyone we have permission to contact. During this conversation, we will ask how often you wish to be checked in on. If you or someone you support, feels that they are either not on our list or have changed their telephone contact details recently, please email us on admin@swanseamind.org.uk.

We have put in place the following numbers for anyone who needs support with their mental health at this time. As we are having to navigate staff and volunteer sickness and caring responsibilities, we would appreciate it if you could text or email to arrange a time to talk.

Swansea Mind support:

Adult Support 07342925999
admin@swanseamind.org.uk

Young People (under the age of 21), parents and teachers 07552369268
youngpeople@swanseamind.org.uk

National Mind support:

MindInfoLine
Monday – Friday: 9am – 6pm
0800 132 737 or text HELP to 81066

**We will also be posting regularly across all our social media platforms:
Twitter, Facebook and Instagram: SwanseaMind**

