

## One to One support

Once through the latest lockdown, we will resume a mixed approach to support, holding some sessions in-person outside at a 2m social distance and some remotely (phone, WhatsApp, text etc).

If you would like support, please get in touch.

## Active Monitoring

This service uses Cognitive Behavioural Therapy (CBT) workbooks and information tailored to your health and wellbeing needs.

Workbooks are posted to your home address for you to work through, with up to 5 sessions of telephone support to help you talk through the issues you are facing, get the most out of CBT and provide encouragement and motivation.

9/10 people say they have successfully applied programme techniques to everyday situations

## Counselling

FREE sessions of telephone or in-person counselling (when available in Llandrindod). There is a waiting list for this service. For more info, call 01597 82411, or use the contact form on our website.

## Outreach Community Groups

These groups are currently postponed, however a phone service is operating in its absence. Our outreach worker, Jo, is calling all members of the groups and would like to thank the volunteers - Margaret, Jackie, Julia, Christine and Gillian who are also making calls to those in the groups.

## Blended Online CBT

One to one support over the phone with one of our Practitioners to support you with using SilverCloud. Blended offers someone to talk to about the SilverCloud platform, how it can work best for you and provide encouragement and motivation.

## What is SilverCloud?

SilverCloud is an online space which offers a range of programmes based on Cognitive Behavioural Therapy (CBT) to help you to develop skills to manage your wellbeing with more confidence from the convenience of your own location and in your own time.

CBT looks at the links between thoughts, feelings and actions and is about coping with things here and now, rather than looking at past traumas.

T: 01597 824411

Text/Call: 07539870010

E: [admin@mnpmind.org.uk](mailto:admin@mnpmind.org.uk)

W: [www.mnpmind.org.uk](http://www.mnpmind.org.uk)



## Free on-line Training

For details of our training plan please see our website, facebook or get in touch. Our courses are run through Zoom and are free to attend!

Courses in Nov & Dec include:

- Supporting People with Mental Health Issues
- Keeping Mentally Fit
- Stress & Anxiety Management

## Online activities and videos

Our Facebook lives are still running every week, we have videos from the team on CBT, 5 ways to Wellbeing, Tai Chi and Mindfulness. You can also view these videos now through our Youtube channel.

We have also set up a Facebook group called "Mid and North Powys Mind wellbeing group" in which we are encouraging positivity and social connection whilst isolating - join us!



## 2021 Calendar

Using art work from just some of our very talented artists, we are publishing a 2021 calendar, available for purchase shortly.

## Mums Matter

Our Mums Matter courses are now available online using Zoom. Online course via Zoom: New course starting Thursday 5th Nov 10:30 - 12:30 for 7 weeks  
In-person course starting 3rd November in Welshpool 10:30 - 12:30  
If you would like to know more, please get in with our Mums Matter facilitator, Tracy on 07960271696

## Youth Service (16 - 25)

Every Monday & Thursday via Zoom 6.30 p.m. to 9 p.m. You can join anytime during the group!



1:1 Telephone chats and texts offered if you need extra support. Call Lorna on 07947106804

## Montgomeryshire Support

We offer a variety of support in North Powys:

- 1:1 support from North Powys workers, in-person or via the phone
- Mums Matter course, online or in person. Next course: Tuesday 3rd November in Welshpool.
- Youth Support service - online zoom support group and 1:1 support.
- Telephone counselling sessions
- Access to online Zoom training courses
- Access to CBT based, Self help program - Active Monitoring. Workbook based CBT, with materials provided via post.

## LGBTQ+

Our LGBTQ+ support group is now meeting fortnightly via zoom 5-7pm. For details and invites to the group email Shaun at [lgbtq@mnpmind.org.uk](mailto:lgbtq@mnpmind.org.uk)