

One to One support

Available to anyone in Mid and North Powys.

Offering digital and remote support as well as face to face appointments, following government guidance. Please call or email for an appointment.

Support work In schools

Offering support to 16+ students in Builth Wells and Llandrindod Campus' during school time.

Llandrindod Campus

11am to 1pm on Thursdays in the Nurses room.

Builth Campus

11am—1:00pm on Tuesdays in the Pastoral area, booking advised but you can drop in.

Students are also welcome to join the online youth group

Youth Group (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 07947 106804

Blended Online CBT

One to one support over the phone with one of our workers to support you with using SilverCloud (the online CBT based platform offered through GP surgeries)

Our service offers someone to talk to about the SilverCloud platform, how it can work best for you and provide encouragement and motivation. For more information get in touch.

Active Monitoring

Guided self-help booklets and phone support based on CBT. offering practical advice and support to help you deal with difficulties in your life. For more information about this service or CBT please visit our website or get in touch

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

Online Support Groups

Good Grief group meeting Wednesdays
11:00am –12:00 noon through Zoom. A group for people dealing with bereavement and loss

Tea and Chat with Anthea and Jen, meeting
Tuesdays 2:00-3:00pm on Zoom. A welcoming weekly social group to chat with others

2 new creative writing groups for beginners and past participants for details please get in touch

Call or WhatsApp:
01597 824411

Email:

admin@mnpmind.org.uk

Website:

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!

We have courses running throughout Spring, please see our website or contact us for details.

Online videos

Our Facebook lives are still running every week, we have videos from the team on CBT, THRIVE tips and Mindful Moments videos from Anthea and Mike. You can also view these videos now through our Youtube channel, or through our Instagram page



Mums Matter

New courses starting in May:
Online via Zoom course starting on 11th of January 1:30-3:30

Online group starting 5th May 1:30 to 3:30 on Zoom

For Mach in person group please see "Montgomeryshire support"

For more information on these courses or to book your place please contact Tracy on 07960271696

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.

We know it's been a tough time for all of us this past year but we want to remind everyone that Mid and North Powys Mind is still here for you, through lockdowns and tough times, we will always be providing services that can help you when you need it

Montgomeryshire Support

We offer a variety of support in North Powys:

- * 1:1 support from North Powys workers, face to face or via the phone
- * Access to CBT based service -Active Monitoring.
- * Youth Support - access to online zoom peer support group and 1:1 support.
- * Telephone counselling sessions - there is a waiting list for this service, please contact us for more information
- * Access to online Zoom training courses
- * Newtown Walking group!
Mondays at 11am, meet in Brick Lane car park in Newtown for a 1 hour gentle stroll and conversation. This service will not run during lockdown.
- * Access to online Mums Matter course starting on 5th May 1:30 to 3:30 and an in person Mums Matter course starting 4th June in Machynlyth 10:30 to 12:30 in Yr Plas.