

1:1 support - to help you deal with the barriers you face and plan small steps forward to recovery.

We also have evening appointments available. No referral needed.



Cognitive Behavioural Therapy (CBT)

Online CBT phone support using Silvercloud platform from the NHS.

Cognitive Behavioural Therapy can give you the tools to understand and improve your mental health.

Bereavement Support Service

Weekly One-to-One support sessions that focus on listening and helping you work through your grief with our highly trained Bereavement Supporters.

Bereavement Support Groups

Bereavement Cafe - First Monday of the month from 6.30pm at All Saints Church in Newtown.

Support after Suicide peer support group - First Thursday of the month 1pm-3pm at Carad, East St in Rhayader and first Tuesday of the month 3pm-5pm at "The Lounge" in the Armoury, Ponthafren, Welshpool

Online and In-person training courses - exciting programme of self-help courses. See website for more details

Wellbeing Centre Llandrindod

Drop in sessions - Monday 1pm - 4pm and Thursday 10am - 1pm

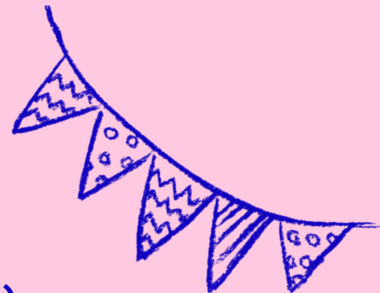
Stitch 'n' Bitch Crafts Fridays 12pm - 3pm

Plus 1:1 Support Sessions, speakers and craft workshops - see website/facebook for updates

Knighton and Builth Outreach support groups. Meeting in person on 2nd & 4th Thursday or Friday in the month with phone support outside meeting times.

Builth_group - Meeting on Thursdays 2-4pm at Wesley Church Centre.

Knighton_group - Meeting on Fridays 1-3pm at Knighton Community Centre.



Mums Matter

A service for mums in the perinatal period - online and in-person courses

Youth Support (High school aged young people 11 - 15 yrs) and (16 - 25 yrs)

11 - 15yrs 1:1 Support & weekly Zoom activity based peer support group - Tuesday from 5pm - 6pm

16 - 25 yrs 1:1 Support & twice weekly activity based peer support groups - Mon (online) & Thurs (in-person at Mind building in Llandrindod Wells @ 6.30pm

1:1 Support Sessions available at Ysgol Calon Cymru, Builth (Tuesdays) & Llandrindod (Thursdays) and Llanidloes Campus (Wednesdays & Fridays 9.30-1pm). Online & phone by appointment.

Counselling

Up to twelve 1hr sessions over twelve weeks over the phone. There is a waiting list for this service please contact us for details.

In person groups

Tai Chi - Mondays 5.30pm - 7pm at Celf, Tremont Road, Llandrindod

Art Group Llandrindod - Every Thursday morning 10:30 -12.30.

Craft Group Llandrindod - Every Tuesday morning 10:30 - 12.30.

Walk & Talk Groups - Llandrindod - Mondays at 10am for a

gentle walk around the lake. Newtown - Wednesdays at 11am at the cinema end of Longbridge. Welshpool - starting 21st May, meeting on Tuesdays at 11am at the Lower Gates to Powis Castle, at the bottom of Park Lane off Broad Street, Welshpool

Contact & Booking details:

Call or Whatsapp 01597

824411 or Email:

admin@mnpmind.org.uk