



Your Local Mental Health Charity...

Mind in the Vale of Glamorgan provides:-

- Support for people in developing the skills, experience and confidence to work towards recovery.
- Signposting to other organisations
- Self help groups
- Volunteering opportunities
- Practical and Social support
- Up to date information on what's available in the community
- 1-2-1 appointments / Recovery Star

For more information:-

website: [www.mindinthevale.org.uk](http://www.mindinthevale.org.uk)

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