



The Merthyr Tydfil & Rhondda Cynon Taff Mental Health Project



What do we do?

The Project supports community and voluntary groups to address mental health issues in Rhondda Cynon Taff and Merthyr Tydfil.

We will support you to get the help you need either by providing hands-on support ourselves or pointing you in the right direction. We can help with setting up your group; getting funding; training; developing your project; solving problems or setting up a limited company.

Keeping up to date

We use web-sites, newsletters and mail outs to let you know what is going on and keep up to date with consultations, training and funding.

Can I get help with training?

Yes, we will work with you to look at what training you require. We can then help with organising, financing and arranging training.

Mental Health Forum

What is the Mental Health Forum?

The Mental Health Forum allows groups to share information and ideas, support each other and work together.

Working with partners

The Mental Health Forum links to a variety of other activities and groups. People from the Forum go along to events and meetings and report back. This keeps everyone informed, for example, the Mental Health Planning Group.

How do I get to know more?

The Project is run by Interlink and its staff. We have a full-time Mental Health Development Officer who is the main point of contact. We also work closely with Voluntary Action Merthyr Tydfil to help make the project a success.

Supported by



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www.interlinkrct.org.uk

To find out more contact
the HelpDesk on 01443 846200