

Feeling down, anxious, or not yourself?

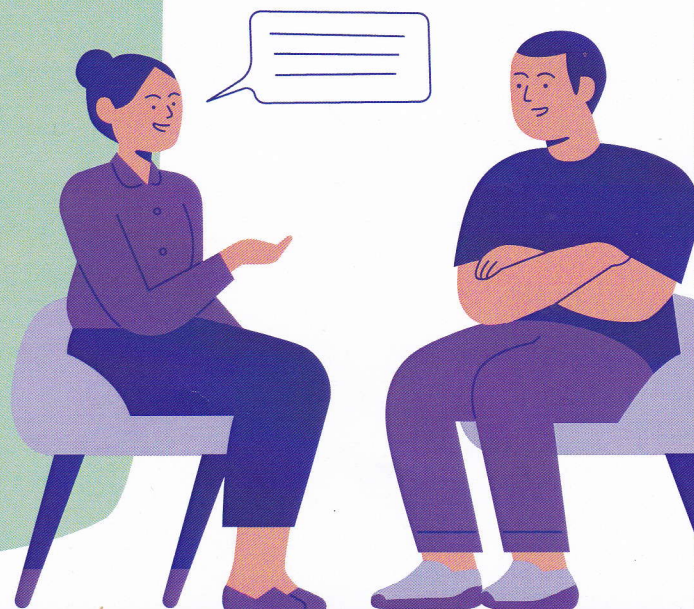
Your mental health matters

Social Prescribing is a FREE,
1-to-1 support service from Mind
Monmouthshire.

Our Community Link Workers can
work with you in these areas and
more:

- Information and advice
- Loneliness and isolation
- Money and housing
- Confidence and mood

Telephone and face-to-face
appointments available throughout
Monmouthshire.



01873 858 275 | info@mindmonmouthshire.org.uk
mindmonmouthshire.org.uk/social-prescribing

Mind Monmouthshire is a registered charity in Wales. Charity number 1150165.