



Mental Health Awareness Week

9 - 15 May 2022

Together we can
tackle loneliness

#IveBeenThere

Looking for mental health or wellbeing support in Swansea?

For a directory of wellbeing support services in Swansea for adults go to:

<https://www.scvs.org.uk/covid-wb-directory>

For services in Swansea for children and young people go to:

<https://tidyminds.org.uk>



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