

General information and advice for everyone

Benefits advice
Bibliotherapy
Citizens Advice Bureau Benefits Advice
EPP Cardiff Self Help Groups
EPP Vale of Glamorgan Self Help Groups
Five Ways of Wellbeing
Hafal Carers Groups
Housing advice
Mental health promotion
Memory team
Self help groups
Shelter Cymru Housing Advice
Stepiau
Stress control
Time to Change Wales

GP referral to Primary services

Primary Care Counselling Service
Primary Mental Health Support Service
Veterans NHS Wales Service

Community services

Amy Evans Adult CMHT
Cardiff Older Peoples MH Teams
Care homes liaison team
Crisis House – Adult
Crisis Recovery Home Treatment Teams (CRHTT)
Crisis Recovery Unit – Adult
DORS
East Vale Adult CMHT – (Hafan Dawl)
Iris Team
North East Adult CMHT – (Pentywn)
North West Adult CMHT- (Gabalfa)
Perinatal Community Mental Health Service
REACT
South East Adult CMHT – (Links)
South West Adult CMHT – (Hamadryadd)
Vale Older Peoples MH team
West Adult CMHT – (Pendine)
Western Vale Adult CMHT

Specialist services

Addictions Service
Assertive Outreach Service
Borderline Personality Disorder Service (Cynnwys)
Eating Disorder Services
Liaison psychiatry – Adult
Liaison psychiatry- MHSOP
Low Secure Service
Neuropsychiatry Service
Rehabilitation & Recovery Service
Solace
Younger Onset Dementia

Inpatient services

Crisis Assessment Ward
Iorwerth Jones Centre
Locality wards
Low Secure wards
MHSOP Assessment unit
Psychiatric Intensive Care Unit
Rehabilitation wards

