



Need to Talk, Information or Advice?

Sometimes just a chat can boost your wellbeing. Confidential support and a listening ear during these difficult times.

- Text and Talk: 07520 619031
- Email: iaa@mindmonmouthshire.org.uk
- Phone: 01873 858275
- Time to Talk Weekly: Fancy a weekly chat with one of our team? Call or email to book.

Benefits Advice

If you need support, please contact us for a telephone appointment:

- Phone: 01873 858275
- Text: 07950 889415
- Email: info@mindmonmouthshire.org.uk

Tenancy Support and Farmers Project

We are currently offering Tenancy Support and Farmers Support for existing clients, and are taking on new clients for the Farmers Project - telephone support only .