

Community Connectors

Are you worried about or struggling with...

EMPLOYMENT?

YOUR MENTAL WELLBEING?

HOME ADAPTATIONS?

ISOLATION?

LONELINESS?

MONEY?

EDUCATION?

We will help find the right support for you!

Community Connectors is a new project working with GP Practices in the East, South East, and City and South regions of Cardiff.

Sometimes connection with local support groups/services may be the best form of support for you.

Our team of experienced connectors can spend time with you to identify the help you need. This **free** service is available to all people over 18.

GP Practice staff are able to refer you to the Community Connector Service or you can self refer by contacting the below.

communityconnectors@cardiffmind.org

02920 40 20 40



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

 **mind**
Cardiff
Caerdydd

