



Cwm Taf Morgannwg
Bwrdd Partneriaeth | Regional
Rhanbarthol | Partnership
Board

MENTAL HEALTH AND WELLBEING PRIORITY AREAS:

Access to Services

Ensuring people have access to a variety of mental health services.

We want to support people to have access to a wide range of mental health services in their local areas. This can help improve their wellbeing, and reduce loneliness and isolation.

Through this work, we hope to:

- Improve the integration of services across our communities with a focus on combating loneliness and isolation.
- Increase open access resources within local areas, that are available to whoever needs them.
- Increase education and awareness of specific conditions that will improve inclusivity and encourage people to engage.



WHAT IS IMPORTANT TO PEOPLE WITH MENTAL HEALTH ISSUES?

People would like to build up their community connections and support through integrated services that ensure consistency of provision across the region.

They'd also feel diagnosis shouldn't define a person, so groups could be more inclusive if labels were removed.

This can be coupled with increased education and awareness raising to increase acceptance, kindness and compassion.

WHAT WE WILL DO TOGETHER:

- Increase access to universal/community-based services/ activities.
- Extend the reach of the befriending network across the region.

WHAT DIFFERENCE WILL THIS MAKE?

- Reduction in the number of people who are lonely and or isolated.
- Increase access to community-based services to vulnerable groups.



PEOPLE SAID

You feel like there's no space in the world for you, you don't fit in... where do I go to find friends?... a smile costs nothing."