



Cwm Taf Morgannwg  
Bwrdd Partneriaeth  
Rhanbarthol | Regional  
Partnership  
Board

MENTAL HEALTH AND WELLBEING PRIORITY AREAS:

# Misusing Substances

Supporting people who misuse substances to get the right help.

We want to support people misusing substances to reduce the harms they may be causing to themselves, their families and communities.

Through this work, we hope to:

- Work with the Cwm Taf Morgannwg Area Planning Board to improve the integration of the services for substance use disorders across the continuum.
- Improve the cohesion between substance misuse services and mental health support.



## WHAT IS IMPORTANT TO PEOPLE WITH MENTAL HEALTH ISSUES?

People misusing substances would like to see integrated services that are fully working together and accessible at the point of need.

They'd also like to see more community spaces without alcohol and more awareness raising, including advice to support people who are addicted to substances and their families, in addition to tackling stigma.

They'd also like to see greater education for professionals and communities around supporting people with substance misuse issues, focusing on more holistic support and social prescribing, alongside medical interventions.

## WHAT WE WILL DO TOGETHER:

- Improve the knowledge of people across our communities about substance misuse issues and where to go/signpost if help and support are required.
- Engage in discussions with relevant partners to improve the collaboration between substance misuse and mental health support.

## WHAT DIFFERENCE WILL THIS MAKE?

- Improved access to services for people with substance misuse and mental health issues.
- Reduce the harm caused by people with mental health and substance misuse issues.



### PEOPLE SAID

They talk about equality, but why can't they take the alcohol out (of sanitiser) rather than me having to explain my addiction."