

Mental Health Services are  
available in this GP Practice.

Email [Cavmentalhealth.gpadvice@wales.nhs.uk](mailto:Cavmentalhealth.gpadvice@wales.nhs.uk)  
to make contact

without needing to see your GP first.

1 in 4 people will be affected  
by mental health problems at  
some point in their lives

Receive Support, Advice, Signposting, Onward Referral  
to Specialist Services.

Discuss What Matters to you, take the next Steps to  
Recovery.

It's good to talk

#WeArePrimaryCare  
#PrimaryChoice



GIG  
CYMRU  
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Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
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