



MHM WALES



Telephone Befriending Registration

Following the escalation of the Covid-19 (Coronavirus) situation and new Government rules in force to stay at home, MHM Wales and New Horizons have launched a FREE Telephone Befriending Service covering the entire Bridgend, Rhondda, Cynon and Taff areas to help people stay connected.

We all need emotional support through this difficult and lonely time as we self isolate especially for those with no family or social contacts.

To register your details with our befriending team, simply text your name and number to:

Sara (RCT) on 07966 904 286

Michelle (Bridgend) on 07966 632 709

Your details will then be passed to your befriender who will contact you to get to know you and discuss a convenient time to call.

You must be 18+ to use this service. Please note there is a high demand at present, so be patient if you can't get through straight away. Welsh version available.



Stay Connected with us through Social Media or visit our Website
www.mhmwales.org.uk or email befriending@mhmwales.org