

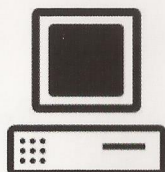
## Confidentiality

The PMHSS respects the confidentiality of those accessing the service. Your information is only shared with those involved in your care. Your GP will be kept informed while you access the service. The service has a duty of care to disclose any risks of harm to yourself or others.

## How to Access the Service

Speak to your GP or a member of your community mental health team if you feel this service might be appropriate for you.

Your GP / mental health worker will be able to refer you to the service with your permission.



Telephone: 029 2090 6210

Address: Hamadryad Centre,  
Clarence Embankment, Butetown,  
Cardiff, CF10 5UY



GIG  
CYMRU  
NHS  
WALES  
Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



### Primary Mental Health Support Service

Gwasanaeth Cymorth Iechyd Meddwl Sylfaenol

The Hamadryad Centre  
Hamadryad Road  
Butetown  
Cardiff  
CF10 5UY  
Phone 029 2090 6210

Canolfan Hamadryad  
Heol Hamadryad  
Butetown  
Caerdydd  
CF10 5UY  
Ffôn 029 2090 6210

# Primary Mental Health Support Service (PMHSS)



**A service providing advice  
and support for people  
experiencing common  
mental health issues.**

## What is the Primary Mental Health Support Service (PMHSS)?

The PMHSS is a service for people of **all ages** living with mental health difficulties. The service is for people who want to try new ways of helping themselves.

We assist individuals in developing a personal action plan to address mental health needs.

The PMHSS covers all areas of Cardiff and the Vale of Glamorgan. It is provided by the NHS and is free of charge.

The PMHSS is not designed for people requiring urgent assistance or long term support.

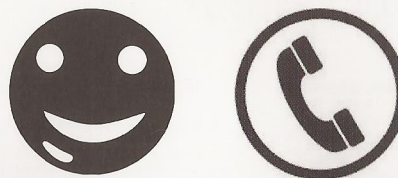


## About us

The team is made up of professional staff from a variety of mental health backgrounds.

The service is Recovery focused. This means that each person will be supported to identify goals that are important to them, and to work towards these goals at their own pace.

We strive to contact each person within 28 days of a referral to offer a telephone assessment, followed by information and advice about appropriate local support services or short term work directly with a member of the team.



## What can we offer you?

There will be a range of educational and therapeutic based courses offered. Some examples of themes include:

- Stress Control
- Mindfulness
- Acceptance and Commitment Therapy (ACT)
- Groups for anxiety and depression

Groups will be run in community venues in your local area.

The staff work closely with other services within your community that might be of benefit to you.

In some circumstances, you will be able to meet with a member of staff in person, for a more in depth discussion that considers practical problem solving.

