



**MENTAL HEALTH  
MATTERS WALES**



# Links

**Support for 16 - 25 year olds**

Links provides a safe and supportive space for young people and young carers to improve wellbeing, gain confidence, access community resources and build social networks

**Every other Sunday 12:30pm - 4:30pm**

**At Union Offices, Quarella Rd, Bridgend CF31 1JW**

**Contact us for upcoming dates**

**Referrals only.**

**Contact [links@mhmwales.org](mailto:links@mhmwales.org)**

**or call (01656) 651 450 for further details**

[www.mhmwales.org.uk](http://www.mhmwales.org.uk)