



NEW HORIZONS

Mental Health & Emotional Wellbeing Centre

Providence Church

Union Street
Mountain Ash

Open every Monday
from 10am - 4pm

*A warm welcome
will be given to all adults
experiencing
mental health issues*

Reg Charity: 1066601

www.newhorizons-mentalhealth.co.uk

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Aims of the Service

New Horizons' Mental Health Resource Centres aim to:

- Support people living with mental health issues through their journey of Recovery (following the Mental Health Recovery Model the 'Recovery Star')
- Promote positive mental health
- Reduce the stigma of mental health

What we offer

- How best to maintain your mental health
- How to help you take control of your life
- How to help you pursue your goals
- Support for you to grow beyond what may have happened to you
- Support to increase your confidence and self esteem
- Support to develop new skills including self care

Access

Adults living with mental health problems and/or emotional distress who are living independently in the Rhondda and Cynon Valleys

Referrals

You can self refer or you can be referred through statutory services - eg. GP, CMHT.