



Our drop-in is closed for now



We operate a very busy centre and the guidance is telling us that to continue to open is not in the best interests of our community's well-being.

So here is how you can access us instead on the days that we would usually be open to you:

- From 10.00am until 12pm, we will be able to take phone calls for general enquiries.
- If required, we can offer appointments for one-to-one sessions during 10-12pm
- A team member will be at our brand **new facebook group** for a social chat if needed between the hours of 1pm and 2pm.
- We will be exploring other ways to support you virtually so please FOLLOW US HERE for the latest Mind Carmarthen updates.
- You can still contact us on 01267 222990 or email carmsmind132@aol.com, as well as contact us on messenger.

Please share this with anyone who might benefit, whether they are already part of Mind Carmarthen's family or not –WE ARE HERE FOR EVERYONE!

Sending health, wellness and positive vibes to you all.

See you soon

