



December 2021

Dear Members,

I am writing to make you aware of the range of mental health resources that are available to anyone in Wales, together with information to help people to access NHS mental health services if needed.

I am very aware of the impact that Coronavirus and associated restrictions have already had on our mental health and well-being. I am also concerned that the rapidly evolving situation with the omicron variant may cause further anxiety and worry at a time when we all want to be thinking about spending time with our families and loved ones and enjoying the festive season.

I would be very grateful you would help raise awareness of the range of mental health support available and how to access it when you are engaging with constituents, stakeholder groups and on social media.

The support does not need a referral from a health professional and can be accessed online or over the phone for example through [Silvercloud](#) and though our [CALL Mental Health Helpline](#) – 0800 132 737. This support, including access to online Cognitive Behavioural Therapy, can be accessed from the 111 website using the following link.

[NHS 111 Wales - Health A-Z: Mental Health and Wellbeing](#)

Public Health Wales also provides mental health and well-being support on their [website](#) including a contact for PAPYRUS, the suicide prevention society.

Whilst most people won't need specialist mental health services, I would also like to reassure you that NHS mental health services are essential services and remain available for those that need that level of support. Health boards provide clear advice and information about how to access mental health services if needed. This will include any changes to services in response to the Covid-19 restrictions. I have included the links to the individual health board websites below:

Betsi Cadwaladr University Health Board:

[Mental health support in North Wales during the COVID-19 pandemic. Your questions answered. - Betsi Cadwaladr University Health Board \(nhs.wales\)](#)

Canolfan Cyswllt Cyntaf / First Point of Contact Centre:
0300 0604400

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CF99 1SN

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Rydym yn croesawu derbyn gohebiaeth yn Gymraeg. Byddwn yn ateb gohebiaeth a dderbynnir yn Gymraeg yn Gymraeg ac ni fydd gohebu yn Gymraeg yn arwain at oedi.

We welcome receiving correspondence in Welsh. Any correspondence received in Welsh will be answered in Welsh and corresponding in Welsh will not lead to a delay in responding.

Aneurin Bevan University Health Board:

<https://abuhb.nhs.wales/coronavirus/mental-health-support-in-gwent-during-the-covid-19-pandemic-your-questions-answered/>

Hywel Dda University Health Board:

<https://hduhb.nhs.wales/healthcare/covid-19-information/mental-health-support-during-covid-19/>

Powys Teaching Health Board

[Mental Health Services During COVID-19 - Powys Teaching Health Board \(nhs.wales\)
https://biap.gig.cymru/coronafeirws/cefnogaeth-iechyd-meddwl-yn-ystod-pandemig-covid-19/](https://biap.gig.cymru/coronafeirws/cefnogaeth-iechyd-meddwl-yn-ystod-pandemig-covid-19/)

Cardiff & Vale University Health Board

<https://cavuhb.nhs.wales/covid-19/mental-health-support/>

Swansea Bay University Health Board

<https://sbuhb.nhs.wales/go/mental-health-support-during-covid/>

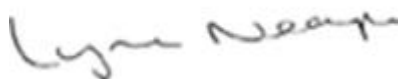
Cwm Taf Morgannwg University Health Board

<https://cwmtafmorgannwg.wales/mental-health-support-in-wales-during-the-covid-19-pandemic-your-questions-answered/>

Additionally, Armed Forces veterans can access Veterans' NHS Wales which provides dedicated Veterans' Therapists in each health board. Referrals to the service can be made by a GP or by third sector organisations but veterans and their families can also refer directly via the Veterans NHS Wales website: [Home - Veterans Wales](#)

Thank you for your support in advance. It is so important we use our networks to get the message across to those in need that they are not alone, there is help available, and we are committed to supporting the mental health and wellbeing of our population during this difficult period.

Yours sincerely



Lynne Neagle AS/MS

Y Dirprwy Weinidog Iechyd Meddwl a Llesiant
Deputy Minister for Mental Health and Wellbeing