

Useful contact numbers

Samaritans	116 123
NHS	111 (covid 19)
NHS Direct Wales on	0845 46 47
County Hospital	01495 768768
Talygarn Unit	01495 768768
Torfaen county borough council	01495 762200
(CALM) A helpline for men	0800 58 58 58
Mental Health Helpline for Wales	0800 132 737
NHS Direct Wales on	0845 46 47
Bron Afon	01633 620111
Melin Homes	01495 745910
Citizens advice	01495 759814