

We are here to help

If you need someone to talk
to, we are here for you.



I just want to speak to someone who understands

The Drop in Service provides a safe and informal place for you to talk about anything that may be affecting you.

We have trained volunteers and staff members on hand to help.

The Drop in also has a wealth of advice on services as well as information on all aspects of wellbeing.

Anyone is welcome to attend the Drop in, you don't have to have a mental health problem, we are simply here if you want to talk.

**Monday, Wednesday, Thursday and
Friday mornings 10:30 – 12:30am**

Tuesday evenings 5:00 – 8:00pm

**At the Wellbeing Centre
Crescent Chambers
South Crescent
Llandrindod Wells
Powys
LD1 5DH**

Mid Powys Mind
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Mid Powys Mind is
a registered charity
– No. 1167840