



1:1 Guided Self Help Mental Health
Support

ACE-TIER 0: HERE FOR YOU!

Welcoming anyone experiencing mild-
moderate anxiety, depression, stress &
other mental health challenges

4- 8 week sessions free of charge

Guided 1:1 support using CBT informed
materials to help make a positive
difference to how you feel!

CALL US TODAY TO SELF-REFER
02920 00 31 32



ace
Action in Caerau & Ely
Gweithredu yng Nghaerau a Threlai



Recovery and
the Mental
Health Charter



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

