

ABMU Region Mental Health Services

Discharge Information



Discharge from Service

Many people discharged from Mental Health Services are unsure how they can re-access Services should they need to. Therefore, this leaflet has been produced to provide you, the person being discharged with clear information on the process and procedure.

Under the Mental Health (Wales) Measure 2010, people who are discharged from secondary mental health services can refer themselves back to the service for assessment within a 3 year period.

If a person has been discharged from secondary services for longer than 3 years, they then have to present themselves to their G.P for assessment.

If you wish to refer yourself for assessment within the 3 year period you need to contact the service that operates in your area.

You will find the relevant information on the following pages.

Please note that there are different contact details for people who use Adult Services to those who use Older People's services.

If you require support to re-access services please contact Advocacy Support Cymru's free of charge service on 01639 620112

Other Useful Contacts

C.A.L.L. Mental Health Helpline for Wales Tel. 0800 132 737
www.callhelpline.org.uk

NHS Direct Wales Tel. 0845 46 47
www.nhsdirect.wales.nhs.uk

Samaritans Tel. 0845 790 9090
www.samaritans.org

Mind Infoline Tel. 0845 766 0163
www.mind.org.uk

Mental Health Services in Neath Port Talbot

Please note when contacting services ask for the duty officer.

Adult CMHT Services

The Forge, Port Talbot
Tel. 01639 888000

Monday to Friday
Morning 10am-12pm

Gelligron, Pontardawe
Tel. 01792 865696

Monday to Thursday
2pm-5pm
Friday
2pm-4.30pm

Outside of these hours please contact your local G.P.



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Mental Health Services in Swansea

Please note when contacting services ask for the duty officer.

Adult CMHT Services

Central Clinic
Tel. 01792 517853/517800

Monday to Thursday
9am-5pm
Friday
9am-4.30pm

Ty Einon Centre
Tel. 01792 545780

Monday to Thursday
9am-5pm
Friday
9am-4.30pm

Outside of these hours please contact your local G.P.



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Mental Health Services in Bridgend

Please note when contacting services ask for the duty officer.

Adult CMHT Services

Quarella Road, Bridgend
Tel. 01656 763000

Monday to Thursday
9am-4pm
Friday
9am-4.30pm

Maesteg Hospital, Maesteg
Tel. 01656 754278

Monday to Thursday
9am-5pm
Friday
9am-4.30pm

Outside of these hours please contact your local G.P.



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