

THE HANGOUT

INFORMATION FOR PROFESSIONALS

Mental health support when it's needed, and connection with each other and the community

FOR AGES 11-18

The Hangout offers young people access to mental health support in a non-clinical setting, whenever they need it. It aims to provide young people with a supportive, safe place where they can access individual or group support in a way that works for them.

Young people are welcome to drop-in, self-refer or be referred to us by professionals. There are currently no referral criteria, and young people can visit as often as they'd like.

To refer a young person to The Hangout, please scan the QR code to use our online form.

- Drop-in
- 1-1 sessions
- Group Mental Health and Wellbeing Support
- Activities
- Volunteering Opportunities

**OPEN 3pm - 9pm
EVERY DAY**

**26-28 CHURCHILL WAY,
CARDIFF CF10 2DY**

Please get in touch via email
hangout@platform.org
or call **0300 3732717**



**SCAN
HERE**



**GIG
CYMRU
NHS
WALES**

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

CYPF
Children, Young People
& Family Health Services



PPIT
Gwasanaethau Plant, Pobl
Ifanc ac Iechyd Teuluol

PLATFFORM

For young people I bobl ifanc