Support your mental wellbeing

Feeling down or anxious?

Extra help for your mental wellbeing is available across Wales, online and over the phone. These resources are safe, free, and you don't need a referral, so take a look and see what can help you today.

SilverCloud

SilverCloud is an online course which offers support for anxiety, depression, and much more, all based on Cognitive Behavioural Therapy (CBT).

Anyone aged 16 or over can sign up at: nhswales.silvercloudhealth.com/signup/

CALL Mental Health Listening Line

Provides a confidential mental health listening and emotional support line which is open 24/7. CALL can also signpost to support in local communities and a range of online information.

Call 0800132737, text "help" to 81066 or visit: callhelpline.org.uk

Beat eating disorders helpline

Beat provides helplines and information for adults and young people, offering a supportive environment to talk about eating disorders and how to get help.

Call 0808 801 0677 or visit www.beateatingdisorders.org.uk/support-services

Mind Active Monitoring

Provides six weeks guided self-help for, anxiety, depression, self-esteem, and more.

To get started, talk to your GP, any other health professional, or sign up directly at: www.mind.org.uk/AMWales

Activate Your Life

The "ACTivate Your Life" online video course shares practical ways to cope with thoughts and feelings causing distress and help live life with more confidence.

To start go to: https://phw.nhs.wales/services-and-teams/activate-your-life/

Young Person's Mental Health Toolkit

The Young Person's Mental Health Toolkit links young people, aged 11 to 25, to websites, apps, helplines, and more to build resilience.

You can access the toolkit at bit.ly/ypmhten

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Gofalwch am eich iechyd meddwl

Yn teimlo'n isel neu'n bryderus?

Mae cymorth ychwanegol ar gyfer eich lles meddyliol ar gael ledled Cymru, ar-lein a dros y ffôn. Mae'r adnoddau hyn yn ddiogel, am ddim, ac nid oes angen atgyfeiriad arnoch, felly cymerwch olwg i weld beth all eich helpu chi heddiw.

SilverCloud

Cwrs ar-lein yw SilverCloud sy'n cynnig cymorth ar gyfer gorbryder, iselder a llawer mwy, y cwbl yn seiliedig ar Therapi Gwybyddol Ymddygiadol.

Gall unrhyw un sy'n 16 oed neu'n hŷn gofrestru ar nhswales.silvercloudhealth.com/signup

CALL – Llinell Wrando ar gyfer Iechyd Meddwl

Mae CALL yn darparu llinell wrando a chymorth emosiynol ar gyfer iechyd meddwl sydd ar agor 24 awr y dydd, bob dydd. Gall hefyd eich cyfeirio at gymorth lleol a gwybodaeth amrywiol ar-lein.

Ffoniwch 0800132737, tecstiwch "help" i 81066 neu ewch i http://callhelpline.org.uk/DefaultW.asp

Beat – llinell gymorth ar gyfer anhwylderau bwyta

Mae Beat yn darparu llinellau cymorth a gwybodaeth i oedolion a phobl ifanc, gan gynnig amgylchedd cefnogol i siarad am anhwylderau bwyta a sut i gael help.

Ffoniwch 0808 801 0677 neu ewch i: www.beateatingdisorders.org.uk/support-services

Monitro Gweithredol Mind

Mae'r gwasanaeth hwn yn darparu chwe wythnos o hunangymorth dan arweiniad ar gyfer gorbryder, iselder, hunan-barch a mwy.

I ddechrau arni, siaradwch â'ch meddyg teulu, unrhyw weithiwr iechyd proffesiynol arall neu cofrestrwch yn uniongyrchol yma:

www.mind.org.uk/AMCymru

Bywyd ACTif

Mae'r cwrs fideo ar-lein "Bywyd ACTif" yn rhannu ffyrdd ymarferol o ymdopi â meddyliau a theimladau sy'n achosi gofid, gan helpu i fyw bywyd gyda mwy o hyder.

I ddechrau arni, ewch i https://icc.gig.cymru/gwasanaethau-a-thimau/bywyd-actif

Pecyn Cymorth Iechyd Meddwl Pobl Ifanc

Mae'r Pecyn Cymorth Iechyd Meddwl Pobl Ifanc yn cysylltu pobl ifanc, rhwng 11 a 25 mlwydd oed, â gwefannau, apiau, llinellau cymorth a mwy i feithrin cadernid.

Mae'r pecyn ar gael yma bit.ly/ypmhtcy

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