

IECHYD MEDDWL A LLESIANT CYMRU

Adnoddau hunangymorth i gefnogi iechyd meddwl a llesiant.

Gall dysgu ffyrdd eraill o wella ein llesiant meddyliol, ynghyd â chael yr wybodaeth a'r sgiliau i ymdopi ag emosiynau gwahanol a meddyliau anodd, wneud gwahaniaeth gwirioneddol i'n bywydau.

Cliciwch ar y dolenni isod i ddod o hyd i adnoddau a allai eich helpu:



CYRSIAU
AR-LEIN

APIAU



LLYFRAU A
THAFLENNI

GWEFANNAU



Adnoddau penodol eraill:

Pobl â
phroblemau cof

Pobl ifanc

Pobl ag
anabledd dysgu

MENTAL HEALTH & WELLBEING CYMRU

Self - help resources to support mental health and wellbeing.

Learning different ways to improve our mental wellbeing, as well as having information and the skills to cope with different emotions and difficult thoughts, can make a real difference to our lives.

Click on the links below to find resources that might help you:



ONLINE
COURSES

APPS



BOOKS
AND
LEAFLETS

WEBSITES



Other specific resources:

People with
memory problems

Young people

People with a
learning disability