

NSPCC
HELPLINE
0808 800 5000
help@nspcc.org.uk



Neges ar gyfer Rhieni/Gofalwyr:

Os ydych chi'n ceisio cael cyd bwysedd rhwng gofalu am y plant yn ogystal â gweithio gartref, neu os yw'ch plant yn poeni am y coronafeirws, mae gan yr NSPCC gyngor ac awgrymiadau i chi. Ewch i hwb coronafeirws yr NSPCC i gael gwybodaeth a chyngor i'ch helpu chi a'ch plant.

help@nspcc.org.uk
Dydy'r cartref ddim yn lle diogel bob amser. Gydag ysgolion ar gau, gallai rhai plant fod mewn mwy o berygl o gael eu cam-drin a'u hesgeuluso. Os ydych chi'n poeni am berson ifanc, mae'r @NSPCC yma i helpu. Ffoniwch 0808 800 5000 (8yb-10yh o ddydd Llun i ddydd Gwener/9yb-6yp ar y penwythnos), neu anfonwch e-bost i help@nspcc.org.uk unrhyw bryd

Message for Parents/Carers:

Whether you're juggling childcare with working from home, or your children are feeling anxious about the coronavirus, the NSPCC have got tips and advice for you. Visit the NSPCC coronavirus hub for information and advice to support you and your children.

help@nspcc.org.uk

Home isn't always a safe place. Schools closing could put some children at greater risk of abuse and neglect. If you're worried about a young person, the @NSPCC are here. Call 0808 800 5000 (8am-10pm Mon-Fri/9am-6pm weekends) or email at any time.
help@nspcc.org.uk

**BWLETIN: GWYBODAETH (VIII)
INFORMATION BULLETIN (VIII)**

**LLESIAN / WELLBEING: WYTHNOS IECHYD
MEDDWL / MENTAL HEALTH AWARENESS WEEK**

18-24.5.2020

MAI / MAY 2020



NSPCC: Cymorth delio ag lechyd Meddwl / Support for Mental Health: : <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>



Mae llawer o bobl ifanc yn profi pryder am gael a rhannu'r Coronafeirws. Mae pryder yn deimlad anghyfforddus, ond mae'n gallu helpu wrth sicrhau ein bod yn cymryd y camau priodol i amddiffyn ein hun.

Many teenagers are experiencing anxiety about getting and passing on the Coronavirus. Anxiety is an uncomfortable emotion but it can also be helpful in making sure we take steps to protect ourselves.

Dyma rhai dolenni i'ch cynorthwyo / Here are some helpful links:

<https://4123n13bqnyphxz1aprwewpengine.netdna-ssl.com/wp-content/uploads/2020/03/Tips-for-Teens-1.pdf>

<https://stem4.org.uk/resources/>

<https://stem4.org.uk/self-harm/>

<https://stem4.org.uk/anxiety/>



Mind Provide information on mental health problems and where to get help. Infoline: 0300 123 3393 (Mon-Fri, 9am-6pm) Website: www.mind.org.uk

Campaign Against Living Miserably (CALM) Offer support to men of any age who are depressed or in crisis, via a helpline, webchat and website. Helpline: 0800 58 58 58 (Every day, 5pm-midnight) Website: www.thecalmzone.net

Samaritans Provide confidential support for people experiencing feelings of distress or despair. Helpline: 116 123 (Every day, 24 hours) Website: www.samaritans.org

Dr Krause's Tips for Teens on How to Deal with Cancelled Exams



Finding it difficult to focus?
Exams give us focus. Give yourself some time to adjust to the shock and loss and then take control of the situation.



What do I do next?
Adjust the way you approach your target.



What do I do with my time?
Create a balanced daily plan. Place limits on excess or problem behaviours. Practice self-care.



What do I do with my built-up stress?
Balance relaxing with things to do. Change perspective. For example, instead of seeing something as boring, try and see it as a challenge.



How do I remember this year positively?
Change disappointment into opportunity. Find ways to remember all that was good this school year.



How do I deal with uncertainty?
Work on making changes to things you can. Focus on what you can control rather than on what you can't. Keep a note of what's worked everyday.

How do I plan ahead?
Plan what you have to do right now and then make note of the next steps. Break each step into an achievable goal. Keep them SMART where:

- S** simple
 - M** measurable
 - A** achievable
 - R** relevant
 - T** time-bound
- Be ambitious, but also realistic. Keep things moving and you will get there.

