

**Llyfryn Gwybodaeth
Cymorth Llês a Iechyd
Meddwl
Ysgolion Ceredigion**



**Ceredigion Schools
Wellbeing and Mental
Health Support Booklet**



Sources of Support and National Helplines/ Cymorth a Llinellau Cymorth Cenedlaethol

Organization/Sefydliad	Brief Description/Disgrifiad Byr	Contact Details/Manylion Cyswllt
Childline	A place a child or young person can talk to someone about something they are worried about. They can do this online or over the phone. Childline National helpline for anybody under the age of 19, offering advice and support on a range of issues including self-harm and suicidal thoughts.	www.childline.org.uk 08001111 Support line (24hr): 0800 11 11 e-mail: Available via registration on the website Website: www.childline.org.uk
NSPCC	A UK leading charity which helps to prevent Child hood abuse. They offer support over the phone.	0808 8025544
The Samaritans	A confidential helpline which offers support and advice to those in emotional distress.	116 123
Young Minds Parentline	Offers information and advice to anyone worried about a child or young person under the age of 25.	0808 802 5544
Addaction	Provides information about drug and alcohol problems.	www.addaction.org.uk
Anna Freud National	This is a children’s charity dedicated to providing Centre for Children training and support for child mental health and Families services.	www.annafreud.org
Anxiety UK	Live chat and email support for CYP experiencing anxiety.	www.anxietyuk.org.uk
Beat Charity	Providing helplines, online support and self-help groups on all types of eating disorders.	www.b-eat.co.uk
Beat Bullying	A nation-wide charity which is dedicated to Providing support around all aspects of bullying, including online bullying and its effects on a young person’s mental health.	www.beatbullying.org

Ditch the Label	One of the largest anti-bullying charities in the world. You can talk to us about bullying and anything else that you have on your mind for advice and support. We don't just talk about bullying, we also talk about things that are connected such as body image, mental health and sexuality.	https://www.ditchthelabel.org/
Big White Wall	Online counselling service for CYP aged 16+.	www.bigwhitewall.com
Bipolar UK	Information on bipolar disorder, e-Community support groups and they have a specific young people's project.	www.bipolaruk.org.uk
Charlie Waller Memorial Trust	A website which offers useful information to children and young people on how to recognise mental health issues. Charlie Waller Memorial Trust Foundation dedicated to raising awareness of depression and suicide that provides resources for schools and parents/carers. Resource for schools https://docs.wixstatic.com/ugd/b5791d_b3807e6a2cd643ed8b29456602afcc01.pdf Resource for parents and carers https://docs.wixstatic.com/ugd/b5791d_7d13f090db464315b2f76a6f614cffff.pdf	www.b-eat.co.uk
Coap	Support (including online counselling) for CYP affected by a parental addiction.	www.coap.org.uk
Depression Alliance	A wide range of information on depression for children, young people and parents.	www.depressionalliance.org.uk
Doc Ready	Prepares CYP for their first visit to their GP about mental health.	www.docready.org
Get Connected	Support and signposting for young people under the age of 25. Telephone, email, text and web-chat support.	www.getconnected.org.uk
Kooth	Online counselling and support for CYP.	www.kooth.com
Life Signs	Information and support around self-harm in CYP.	www.lifesigns.org.uk
Head Meds	Information for young people around medication, mental health and life.	www.headmeds.org.uk

Madly in Love	Mental health and relationships, including real stories and advice.	www.madlyinlove.org.uk
Mind	A national mental health charity providing lots of information and advice around mental health.	www.mind.org.uk
MindEd	A free educational resource on children and young people’s mental health for all adults. There is information for professionals as well as parents or carers.	www.minded.org.uk
Mindfull	An online based service for young people aged 11-17 providing support, information and advice. They have an online chat room.	www.mindfull.org
Nacoa	Information and support for CYP who are affected by a parent’s alcohol use.	www.nacoa.org.uk
National Self-Harm Network	Provides a range of information and factsheets about dealing with self-harm.	www.nshn.co.uk
My CAMHS Choice	Information for CYP on depression.	www.mycamhschoices.org
Night Line	A listening service for students, provided by trained students	www.nightline.ac.uk
OCD UK	Information and support around OCD, including online support forums.	www.ocduk.org
Papyrus	Papyrus A service for young people who are thinking about suicide, or for anyone worried that a young person may be contemplating suicide.	Support line (10:00–22:00 weekdays/14:00–22:00 weekends): 0800 068 41 41 Text support: 07786 209697 e-mail: pat@papyrus-uk.org Website: www.papyrus-uk.org
Recover Your Life	Information and support around self-harm.	www.recoveryourlife.com
Rethink Mental Illness	Rethink Mental Illness provides sources of information, support and advice	www.rethink.org/youngpeople
Sane	Lots of information on mental health, as well as telephone, email and text support. There is an online forum, but you have to be aged over 18 to use it.	www.sane.org.uk

Cyngor Sir Ceredigion

Self-Harm	Information for professionals and young people around self-harming behaviour.	www.selfharm.co.uk
Students Minds	UK student mental health charity which campaigns and offers peer support groups in universities across the country.	www.studentminds.org.uk
Students Against Depression	Information, advice and real-life stories specifically for students struggling with depression.	www.studentsagainstd Depression.org
The Mix	Free information and support for under 25s in the UK. Get advice about mental health issues, sex, relationships, drugs, money and jobs.	www.themix.org.uk
Time to Change	Real life stories and information about people's experiences with mental health.	www.time-to-change.org.uk
Voice Collective	Resources for young people who hear, see and sense things that others don't.	www.voicecollective.co.uk
Young Minds	Young Minds is a UK-wide charity committed to improving the emotional well-being and mental health of children and young people. Support for parents is also offered.	www.youngminds.org.uk
The Youth Wellbeing Directory	A free online resource for young people up to the age of 24 which outlines local mental health services in their area.	www.youthwellbeing.co.uk
Head Above The Waves	Promotes positive, creative ways for young people to dealing with depression and self-harm.	https://hatw.co.uk/
Hearing Voices	Resources for young people who hear, see and sense things that others don't.	www.voicecollective.co.uk
Child Bereavement UK	Supports families both when a child dies or is dying, and when a child is facing bereavement.	https://www.childbereavementuk.org/young-people Helpline: 0800 02 888 40 Email: support@childbereavementuk.org

CRUSE	Charity offering bereavement support and a helpline for those struggling with loss. Cruse Bereavement Care Wales's vision is that all bereaved people have somewhere to turn when someone dies.	https://www.cruse.org.uk/ Tel: 0808 808 1677
GRIEF Encounter	We support bereaved children and their families to help alleviate the pain caused by the death of someone close.	https://www.griefencounter.org.uk/ Helpline: 0808 802 0111; Monday-Friday, 9:00 - 9:00pm Email: griefftalk@griefencounter.org.uk
HOPE AGAIN	Cruse Bereavement Care's website for young people. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.	https://www.hopeagain.org.uk/ Helpline: 0808 808 1677; Monday-Friday, 9:30am - 5:00pm Email: helpline@cruse.org.uk
WINSTONS WISH	Supporting children and young people after the death of a parent or sibling	https://www.winstonswish.org/ Helpline: 08088 020 021; Monday-Friday, 9:00am - 5:00pm Email: emailask@winstonswish.org
DOMESTIC VIOLENCE/CAMDRIN DOMESTIG		
Mankind	Helpline for male victims of domestic abuse/domestic violence across the UK.	01823 334244 https://www.mankind.org.uk/
Freedom Charity	Freedom was established to save the lives of vulnerable children and young people who are at risk of, or are subjected to violent crimes, Female Genital Mutilation, dishonour-based violence and forced marriages throughout the UK.	https://www.freedomcharity.org.uk/
Galop	Advice, support and advocacy to people who have experienced hate crime, domestic abuse and sexual violence.	0800 999 5428 http://www.galop.org.uk/
Refuge	Supporting those who have experienced violence and abuse	0808 2000 247 https://www.refuge.org.uk/
The Hideout	Created by Women's aid to support Children and young people, providing information about domestic violence that's easy to read and understand.	http://thehideout.org.uk/
Women's Aid	The national charity working to end domestic abuse against women and children.	https://www.womensaid.org.uk/

Welsh Women’s Aid/Cymorth Camdrin Domestig I fenywod Cymru: 0808 80 10 800 (Gwasanaeth dwyieithog)

Cangen Aberystwyth Branch: West Wales Women’s Aid, 42 Portland Rd, Aberystwyth, Dyfed SY23 2NL 01970 612225 Admin line: Mon-Fri 9.30am-4.30pm 01970 625585 Helpline: 24hr

info@westwalesdas.org.uk <http://www.westwalesdas.org.uk>

Cangen Aberteifi Branch Cardigan, Ceredigion SA43 1LE, United Kingdom_01239 615700_Drop-in and office: Mon-Fri 9am-5pm_01239 615385 Helpline:

24hr Info@westwalesdas.org.uk <http://www.westwalesdas.org.uk>

LGBTQAI +

Broken Rainbow UK	National LGBT - Domestic Violence Helpline provides confidential support to all members of the LGBT communities, their family, friends, and agencies supporting them.	0300 999 5428 https://www.brokenrainbow.org.uk/
EACH	Educational Action Challenging Homophobia, Biphobia and Transphobia	https://each.education/
Gendered Intelligence	Working with the trans community and those who impact on trans lives; we particularly specialise in supporting young trans people aged 8-25.	http://genderedintelligence.co.uk/
LGBT Foundation	Supporting the needs of the diverse range of people who identify as lesbian, gay, bisexual and trans. We believe in a fair and equal society where all LGBT people can achieve their full potential.	0345 3 30 30 30 https://lgbt.foundation/
Mermaids	one of the UK’s leading LGBTQ+ charities, empowering thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.	https://mermaidsuk.org.uk/
Stonewall Cymru	Gwasanaeth dwyieithog: Gwybodaeth a chefnogaeth ar gyfer pobl LHDT/Information and support for LGBT communities and their allies.	FREEPHONE 0800 0502020 Lines are open 9:30 - 4:30 Monday to Friday. https://www.stonewallcymru.org.uk/
Stonewall Youth	Gwasanaeth dwyieithog: Yn Cefnogi pob person ifanc LHDT, rhoi cyngor a datrys problemau Supporting all young lesbian, gay, bi and trans people – and those who are questioning.	https://www.youngstonewall.org.uk/
Stonewall Ifanc	Empowering all young people, regardless of their sexual orientation or gender identity.	

Cam-drin Rhywiol/Sexual Violence

Lucy Faithful Foundation	Safeguarding children and young people from sexual abuse by preventing it and responding to it.	https://www.lucyfaithfull.org.uk/
Rape Crisis	National organisation offering support and counselling for those affected by rape and sexual abuse.	Helpline: 0808 802 9999 (12-2:30 and 7-9:30) https://rapecrisis.org.uk/
Survivors UK	Support for boys and men who experienced rape and sexual abuse.	https://www.survivorsuk.org/
New Pathways	Support services for anyone who has experienced trauma or sexual violence, whether recently or in the past.	http://www.newpathways.org.uk/
The Survivor's Trust	Specialist support for anyone who has survived rape, sexual violence or childhood sexual abuse.	08088 010818 https://www.thesurvivorstrust.org/
CEOP	A law enforcement agency keeping children and young people safe from sexual abuse and grooming online.	https://www.ceop.police.uk/safety-centre/
Standtall	Standtall helps women and girls who experience any type of abuse to find help and support	https://www.standtall.org/
Stop It Now!	Helpline for anyone with concerns about child sexual abuse.	0808 1000 900 https://www.stopitnow.org.uk/
Safeline	Specialised charity working to prevent sexual abuse and supporting those affected in their recovery.	https://www.safeline.org.uk/
<p>**Lleol/Local:Mid-Wales Rape Crisis Support Centre-Canolfan Trais a chreisis Canolbarth Cymru Aberystwyth: 01970 610 124</p>		

CYMRU/WALES

National Advisory Group for Suicide and Self-harm Prevention The National Advisory Group for Suicide and Self-harm Prevention brings together key stakeholders to advise the Welsh Government on key issues in relation to the reduction of suicide in Wales. **Website:** www.talktometoo.wales/about-us/nag

****Grwp Cyngor Cenedlaethol ar atal hunan-niweidio ac hunan-laddiad sy'n cynghori Llywodraeth Cymru ar faterion I leihau hunan-laddiad yng Nghymru.**

(Dwyieithog)

<p>Samaritans A totally confidential, twenty-four hour support service for anyone experiencing emotional distress and/or suicidal thoughts. 24-hour national support line: 116 123 e-mail support: jo@samaritans.org **Llinell Gymorth yn y Gymraeg (Oriau Amrywiol):0808 164 0123 www.samaritans.org/wales/how-we-can-help/contact-samaritan/welsh-language-phone-line Website: www.samaritans.org (Dwyieithog)</p>
<p>Cruse Bereavement Care/Gofal Profediagaeth: For anybody needing support after the death of a loved one. Support line/Llinell Gymorth (09:00–17:30): 0808 808 1677 Website/Gwefan: www.cruse.org.uk (Dwyieithog) *Cynigir Gwasanaeth dwyieithog fan yma.</p>
<p>MIND Cymru Welsh arm of the national mental health charity that provides information and support on mental health and related issues (including self-harm). Information line: 0300 123 3393 e-mail: info@mind.org.uk Website: www.mind.org.uk/about-us/mind-cymru **Braich Cymraeg yr elusen cenedlaethol sy'n cefnogi iechyd meddwl pobl ifanc ac oedolion. (Dwyieithog)</p>
<p>*Children in Wales Umbrella organisation for groups working with children in Wales that provides training courses on child protection, self-harm and safeguarding. Website: www.childreninwales.org.uk / **Plant Yng Nghymru- Hyfforddiant ar Ddiogelu, Amddiffyn Plant, Hunan-niweidio (Dwyieithog)</p>
<p>*Meic Confidential, anonymous helpline offering support and advocacy for people aged up to 25 living in Wales. **Llinell gymorth ddi-enw yn cynnig cefnogaeth ac eiriolaeth I fobl ifanc hyd at 25 oed. Cynigir gwasanaethau gwbl gymreig ar –lein. Support line/Llinell Gymorth: (0800-0000): 0808 80 23456 Text support: 84001 Website: www.meiccymru.org (Dwyieithog)</p>
<p>*National Collaborating Centre for Mental Health (NCCMH) Collaboration between Royal College of Psychiatrists and University College London who develop evidence-based guidance and reviews to support the delivery of high-quality mental health care. Website: www.rcpsych.ac.uk/improving-care/nccmh</p>
<p>*Anna Freud Centre A research and policy centre focused on developing, disseminating and delivering evidence-based policy and mental health support for children and young people throughout the UK. Website: www.annafreud.org/on-my-mind/youth-wellbeing</p>
<p>*Royal College of Psychiatrists The Royal College of Psychiatrists provides practical and up-to-date information about the emotional and psychiatric disorders for young people as well as teachers and parents/carers. Website: www.rcpsych.ac.uk/mental-health/parents-and-young-people</p>
<p>*Heads above the Waves A not-for-profit organisation that raises awareness of depression and self-harm in young people. Website: http://hatw.co.uk</p>
<h2>Cefnogaeth Lleol/Local Support</h2>
<p>Education Psychology Service/Gwasanaeth Seicoleg Ysgolion: Canolfan Rheidol (01970) 633 626 (Dwyieithog)</p>
<p>School Nurse Service/Gwasanaeth Nyrs Ysgol: (Rhifau ffon uniongychol/Direct Numbers): (01545) 570 271 (Canolfan Iechyd Aberaeron Healthcare Centre)(Dwyieithog)</p>
<p>CAMHS Schools in-reach Support Project/Prosiect CAMHS mewn Ysgolion: 07970 238 619 (Dwyieithog) Schoolsinreach.aweldeg.hdd@wales.nhs.uk</p>
<p>Prosiect Amethyst Project: deri@smallworld.org.uk (Aberteifi)</p>
<p>CAMHS: 01267 674450 (West Wales/Gorllewin Cymru) (Dwyieithog)</p>
<p>MIND Aberystwyth: 01970 626225 (Dwyieithog) Cynigir Gwasanaeth yn y Gymraeg yn lleol os ofynnwch amdano. http://mindaberystwyth.org/contact-us/ or call in at The Cambria Hotel near the Pier in normal working hours.</p>

CRUSE Ceredigion CRUSE: West Wales administrator: 07979 711092 (for all non-support matters) Llinell Gymorth/West Wales helpline: 0800 288 4700 Ebst/Email: westwales@cruse.org.uk (Dwyieithog)

Area 43 <https://www.area43.co.uk/here-for-you/> "Here for You is a FREE, universal Online Counselling Service for all young people resident in Ceredigion (aged 16 – 30). We have a team of both male and female counsellors who can offer a bilingual service. All our counsellors hold recognised qualifications up to at least degree level, with the addition of specialised training in working with young people. The Here for You service is available through various digital methods, such as email, text and video chat software. The service is user focussed and the counsellor will discuss your preferred method of contact at the beginning of any counselling relationship. **FREE Phone: 0800 0385778** Please call us for a chat about what we can offer. Please contact us about what we offer – email: counselling@area43.co.uk ****Cynigir Gwasanaeth Cwnsela digidol dwyieithog i bobl ifanc gan gwrselwyr profiadol ac arbenigol trwy ebost, neges testun a sgysiau byw. (Dwyieithog)**

HAFAL: Elusen lleol sy'n cefnogi pobl ag anawsterau lechyd Meddwl. **HAFAL is a charity for people with mental health problems in Wales, they are based in 9 Portland Road in Aberystwyth 01970 624 756** <http://www.hafal.org/in-your-area/ceredigion/>

Y Samariaid Lleol /The Local Samaritans: 116 123. <https://www.samaritans.org> *Ffoniwch yn rhad ac am ddim/Free Phonecall

CMGC: Cymdeithas Mudiadau Gwirfoddol Ceredigion **CAVO: Ceredigion Association of Voluntary Organizations (Ddwyieithog)** Rhif Ffon/Phone Number:01570 423 232 Gwefan/Website: www.cavo.org

RAY CEREDIGION (Aberaeron) Gwefan/Website: <http://www.rayceredigion.org.uk> Ebst/Email: gill.byrne@btconnect.com Rhif Ffon/Tel: 01545570686
Cyfeiriad/Address: Pengloyn, Tabernacle Street, Aberaeron, Ceredigion, SA46 0BN Elusen sy'n cefnogi plant a phobl ifanc bregus, rhai sydd dan anfantais a rhai sydd ag anabledau ynghyd a'u teuluoedd trwy cynnal gweithgareddau lles amrywiol a all arwain at achrediadau. A local Aberaeron Charlity that supports vulnerable pupils who are disadvantaged or have a disability by providing a wide range of wellbeing activities that can lead to accreditation. (Dwyieithog)



APPS/APPIAU

Adnodd/Resource	Disgrifiad/Description
<p>1.DISTRACT: https://www.expertselfcare.com/ (CRISIS)</p> <p>2.STAYALIVE: https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/ (CRISIS)</p> <p>*2a)Better Stop Suicide: www.thebetterappcompany.com/app/suicide (CRISIS)</p> <p>2b)BeyondNow: www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning (CRISIS)</p> <p>3. CHILLPANDA: http://chillpanda.co.uk/ (ANXIETY)</p> <p>4. CLEARFEAR: https://www.clearfear.co.uk/ (ANXIETY)</p> <p>4a)http://sam-app.org.uk/ 4b)https://worry-tree.com/ 4c:http://www.inhand.org.uk/</p>	<p>1. The award-winning distrACT app provides trusted information and links to support for people who self-harm and may feel suicidal.</p> <p>2. The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.</p> <p>2a.This is a free app using world-leading psychological techniques and technology to stop people from dying by suicide.</p> <p>2b.Free Safety Planning</p> <p>3. App with games to help children manage their heart rate and anxiety</p> <p>4. Apps for teenagers' mental health, which uses Cognitive Behavioural Therapy techniques to learn to reduce the physical responses to anxiety.</p> <p>5. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging</p>

<p>5. MINDSHIFT: https://www.anxietycanada.com/resources/mindshift-cbt/ (ANXIETY)</p> <p>6. APARTOFME: https://apartofme.app/ (LOSS)</p> <p>7.WORRINOTS: https://www.worrinots.com/: (LOW MOOD)</p> <p>8.MY POSSIBLE SELF: https://www.mypossibleself.com/ (LOW MOOD)</p> <p>9.MEETOO: https://www.meetwo.co.uk/ (LOW MOOD)</p> <p>10.EQUOO: https://equoogame.com/ (LOW MOOD)</p> <p>11.MOOD TOOLS: https://www.moodtools.org/ (LOW MOOD)</p> <p>12.MINDFULNESS: a)Headspace Meditation and mindfulness app. Website: www.headspace.com b)www.stopbreathethink.com (app):Mindfulness techniques to support a calm mind c)https://www.smilingmind.com.au/smiling-mind-app</p> <p>13.Calm Harm. Website: www.stem4.org.uk/calmharm (Self-harm)</p>	<p>you to take charge of your life, ride out intense emotions, and face challenging situations. (ANXIETY)</p> <p>6. Providing young people with a safe space to grieve, where they can hear from others who know how it feels and find strength and wisdom.</p> <p>7.Worrinots provides children with a safe place to share their fears and anxieties, which in turn provides them with practical and fun coping mechanism for their fears using one of the four Worrinots characters.</p> <p>8.The mental health app clinically proven to reduce stress, anxiety and low mood</p> <p>9.Fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines. Social support that builds confidence, increases wellbeing and promotes emotional resilience.</p> <p>10.Uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing</p> <p>11. Feeling sad or depressed? Lift your mood with MoodTools for free.</p> <p>12. Mindfulness Activities for all ages.</p> <p>13. Private, password-protected app that gives tasks which help distract from thoughts of self-harm.</p>
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14. SLEEP APPS:

a) **PZIZZ:** <https://pzizz.com/>

b) <https://www.relaxmelodies.com/>

c) <http://www.sleepfulnessapp.com/>

15. **Sexual Health:** <https://www.brook.org.uk/>

14. A range of sleep tools for a good night's rest.

15. Sexual Health and Wellbeing Counselling for the under 25s.

Adnoddau Hunan-gymorth COVID-19 i blant, pobl ifanc a theuluoedd Ceredigion....
Ceredigion COVID-19 Self-help Resources for Children, Young People and their



Adnodd/Resource	Disgrifiad/Description	Math/Type
English only Resources		
<p>*BRAINPOP: https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/</p>	<p>Short video for children and young people who want to find out more about how viruses work, and the best ways to prevent them from infecting more people.</p>	<p>On-line</p>
<p>*ANNA FREUD: https://www.annafreud.org/coronavirus</p>	<p>Most of us are feeling concerned about the uncertainty of the current situation, and this will include young people. There is lots of advice on 'On My Mind', a website for young people</p>	<p>On-line</p>

	created with young people, which includes our self-care resource with over 90 simple strategies that young people have told us help them when they are feeling low or anxious.	
*EVERYMINDMATTERS: https://www.nhs.uk/oneyou/every-mind-matters/	It's natural to feel anxious during times of uncertainty. Find guidance, advice and tips on how to maintain your mental wellbeing and deal with anxiety about the coronavirus (COVID-19) outbreak.	On-line
*The Mental Health Foundation	How to look after your mental health during the Coronavirus outbreak	On-line
www.actmindfully.com face-covid-ebook by Russ Harris 2020	E-book for young people who are worried about how to respond to COVID.	On-line
*MIND and YOUNG MINDS: https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/ https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/	If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do.	On-line
*YOUNG SCOT: https://young.scot/campaigns/national/coronavirus	It's easy to feel a bit overwhelmed and scared by everything you're hearing about coronavirus disease (COVID-19) right now. Find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others.	On-line
*CHANGE4LIFE: https://www.nhs.uk/change4life/activities/indoor-activities	Easy ways for young people to keep active during COVID- if you cannot get outdoors. Get started with our easy-to-follow Shake Up games inspired by your favourite Disney characters.	On-line (Exercise)
*EVERYMINDMATTERS: https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/	Getting exercise doesn't need to be difficult during Lockdown – you don't even need to leave the house! Clear some space in the living room and give our easy 10-minute workouts a go	On-line (Exercise)
SHOUT: https://www.giveusashout.org/ Text: 85258	The UK's first 24/7 text service, free for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.	Text Message (Crisis)

<p>THE CALM ZONE: www.thecalmzone.net Helpline:0800 58 58 58; 5pm–midnight, 365 days a year</p>	<p>The Campaign Against Living Miserably (CALM) is leading a movement against suicide, the single biggest killer of males under 45 in the UK.</p>	<p>Phone-line (Crisis)</p>
<p>Comforting Anxious Children: https://www.comfortinganxiouschildren.com/</p>	<p>Tools to support children and young people with anxiety</p>	<p>On-line</p>
<p>Adnoddau Dwyieithog/Bilingual Resources (English and Welsh)</p>		
<p>*MEDDWL: https://meddwl.org/erthyglau/iechyd-meddwl-coronavirus/</p>	<p>Cyngor ar ofalu am eich iechyd meddwl yn ystod Coronafeirws. Advice and Mental Health Support during Coronavirus.</p>	<p>Ar-lein/On-line</p>
<p>*MEIC: https://www.meiccymru.org/worried-about-the-coronavirus-dont-panic/ https://www.meiccymru.org/ Llinell Gymorth: 080880 23456 Text: 84001</p>	<p>Cyngor a gwybodaeth ar dawelu gofidion am y Coronafeirws. Trafodaethau a sgysiau byw a Llinell gymorth er mwyn datrys problemau. Advice, Support, Conversations and Live-Chat about Coronavirus.</p>	<p>Ar-lein/On-line Llinell Gymorth/Help line Sgwrs byw,/Live Chat Neges Destun/Text</p>
<p>https://www.meiccymru.org/4-ways-to-exercise-while-in-lockdown/</p>	<p>Cyngor ar ymarferion corfforol I wneud yn ystod Coronafeirws. Advice on exercises to do in the middle of coronavirus.</p>	<p>Ar lein /On-line (Ymarfer Corff/Exercise)</p>
<p>*MIND CYMRU: https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/ https://www.mind.org.uk/about-us/mind-cymru/ Infoline/Llinell Gwybodaeth: 0300 123 3393 Email: info@mind.org.uk Text: 86463</p>	<p>Gwefan i bobl ifanc yn llawn gwybodaeth am sut mae ofalu am eich lles yn ystod coronafeirws. Really useful website full of information about how to look after your own personal wellbeing during the coronavirus.</p>	<p>Ar-lein/On-line Sgwrs byw/Live Chat</p>
<p>*Y Mix/The Mix: https://www.themix.org.uk/mental-health Helpline: 0808 808 4994; Monday-Sunday, 4:00pm - 11:00pm Llinell Gymorth Llundun- Sul</p>	<p>Mae deall iechyd meddwl yn gallu bod yn anodd-ond peidiwch a phoeni, mae'r Mix yma i'ch helpu. Does dim angen i chwi boeni am hyn ar ben eich hunan-rydym yma ich cefnogi gydag unrhyw bryderon. Understanding mental health can be tricky but The Mix is here to make sure you don't have to do it alone.</p>	<p>*Ar-lein/Online, *LlinellGymorth/helpline, *Ebost/email, *Negeseuydd creisis/crisis messenger *Sgwrs byw/online chat</p>
<p>C.A.L.L www.callhelpline.org.uk Helpline: 0800 132 737; available 24/7 Text: 81066</p>	<p>Llinell Gymorth cyfrinachol sydd yma I wrando ar eich pryderon am eich iechyd meddwl personol neu os oes gennych gonsyrn am iechyd meddwl ffrind neu aelod or teulu yn ystod coronafeirws.</p>	<p>Ar-lein/On-line Llinell Gymorth/Helpline</p>

	<p>Anyone concerned about their own mental health or that of a relative or friend during coronavirus can access the service. C.A.L.L. Helpline offers a confidential listening and support service to the people of Wales.</p>	
<p>www.childline.org.uk Helpline: 0800 1111; Monday-Sunday, 9.00am - Midnight</p>	<p>Llinell Gymorth cyfrinachol I blant o dan 19 oed sydd angen siarad am unrhyw bryder.</p> <p>Childline is yours – a free, private and confidential service where anyone under 19 in the UK can talk about anything.</p>	<p>Llinell Gymorth/ Helpline</p>
<p>https://www.sport.wales/beactivewales/</p>	<p>Nifer o adnoddau arbennig sy'n hybu ffitrwydd yng nghanol y cyfnod Coronafeirws. Mae hyn yn cynnwys:cynlluniau sesiynau ffitrwydd, clipiau ffilm,ryseitiau a mwy.</p> <p>Welcome to #BeActiveWales – our campaign to keep Wales moving during the Coronavirus crisis.</p> <p>From across the world of Welsh sport, experts, athletes and a famous face or two have come together to kit out the nation with exercise videos, session plans, motivation, nutritious recipes and lots, lots more. Whether you're looking for gentle exercise or an intense workout, we have got a routine for you.</p>	<p>Ar-lein On-line (Ymarfer Corff/Exercise)</p>
<p>PAPYRUS: www.papyrus-uk.org Helpline: 080 068 4141; 9am – 10pm weekdays, 2pm – 10pm weekends Text: 07860039967 Email: pat@papyrus-uk.org</p>	<p>Cymorth personol os ydych yn profi meddyliau hunan-laddiad neu pryderi am ddiogelwch rhywun arall.</p> <p>If you are having thoughts of suicide or are concerned for a young person who might be you can contact Papyrus for confidential support and practical advice.</p>	<p>Ar-lein/On-line Neges Testun/Text Llinell Gymorth/Helpline</p>
<p>Y Samariaid Cymru/The Samaritans: https://www.samaritans.org/ Helpline: 116 123 (English); 0808 164 0123 (Welsh); available 24/7 Email: jo@samaritains.org</p>	<p>Llinell Gymorth 24 awr y dydd, 365 diwrnod yr wythnos i'ch helpu gwynebu problemau gyda rhywun arall-nid ydych ar ben eich hunan byth.</p>	<p>Llinell Gymorth/Help line</p>

	<p>Whatever you're going through, a Samaritan will face it with you. Available 24 hours a day, 365 days a year. If you would like emotional support in Welsh, this is also a Welsh Language Line.</p>	
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