

Cymorth Llesiant ar gyfer Staff BIPBA / Wellbeing Support for SBUHB Staff

Mae'r **Gwasanaeth Lles Staff BIBPA** yn darparu cymorth / cyngor cyfrinachol un i un dros y ffôn ar gyfer problemau iechyd meddwl a chyhyrysgerbydol.

Cysylltwch drwy est. 33610 neu 01792 703610.
Dydd Llun i ddydd Gwener (ac eithrio Gwyliau Banc)

E-bost - SBU.StaffWellbeing@wales.nhs.uk

Mae wybodaeth ac adnoddau pellach ar gael ar y tudalen SharePoint [cliciwch yma](#)

Er mwyn hunan-gyfeirio, [Cliciwch yma](#) neu sganiwch y Cod QR:



Bwrdd Iechyd Bae Abertawe
Iechyd Galwedigaethol a Lles Staff
Swansea Bay University Health Board
Occupational Health & Staff Wellbeing

Cliciwch [yma](#) i weld digwyddiadau sydd i ddod

The SBUHB **Staff Wellbeing Service** provides confidential, one-to-one telephone support / advice for mild to moderate mental health and musculoskeletal problems.

Please contact via ext. 33610 or 01792 703610.
Monday to Friday (excluding Bank Holidays).

Email SBU.StaffWellbeing@wales.nhs.uk

Further information and resources are available on the SharePoint site, [click here](#)

To self-refer, [click here](#) or scan the QR Code:



Bwrdd Iechyd Bae Abertawe
Iechyd Galwedigaethol a Lles Staff
Swansea Bay University Health Board
Occupational Health & Staff Wellbeing

Click [here](#) to view upcoming events

Grŵp Hunan-Ofal G-TEP

Beth yw GTEP?

Wedi'i ddeillio o o therapi Dadsensiteiddio Symudiad Llygaid ac Ailbroesu ac yn cael ei redeg gan y Gwasanaeth Iechyd Galwedigaethol, mae'r grŵp G-TEP yn seiwyn ymarferol sy'n helpu staff i ddelio'n rhagweithiol gyda straen trawmatig neu gynyddol yn y gweithle.

I ffeindio mas rhagor/i gadw lle, cliciwch [yma](#).

G-TEP Self-Care Group

What is GTEP?

Derived from Eye Movement Desensitisation and Reprocessing therapy and run by the Occupational Health & Staff Wellbeing Service, G-TEP is a practical group session to help staff proactively address traumatic or accumulative workplace stress.

To find out more/book a screening, please click [here](#).



GIG 111 Cymru

A PHWYSO RHIF

111 2

I gael cymorth iechyd meddwl ar frys ffoniwch 111 a phwysu RHIF 2



NHS 111 Wales

& PRESS OPTION

111 2

For urgent mental health support call 111 and press OPTION 2

TRiM Mae TRiM (Rheoli Risg Trawma) yn menter cymorth cymheiriaid ar gyfer staff sydd wedi bod yn agored i ddigwyddiad a allai fod yn drawmatig. Mae'r model TRiM yn cynnig mai unigolion sydd yn rhannu profiadau tebyg yn cael ei gosod a'u cysylltu a'u chymorth orau gyda'r cydweithwyr sy'n agored i drawma, ac annog trafodaeth am eu profiad. Mae wybodaeth pellach ar gael ar y tudalen Sharepoint TRiM, cliciwch yma neu e-bostiwrch SBU.TRiMTeam@wales.nhs.uk Gellir hefyd ddarparu cymorth a chyngor ar gyfer staff Bwrdd Iechyd Prifysgol Bae Abertawe gan: • Cynrychiolwyr Undebau Llafur (sharepoint.com) • Caplaniaeth a Gofal Ysbrydol ar gael rhwng 8.30am-4.30pm ar 33301, 01792 703301 neu e-bostiwrch SBU.Chaplaincy@wales.nhs.uk  Adran y Gaplaniaeth a Gofal Ysbrydol Department of Chaplaincy & Spiritual Care	TRiM TRiM (Trauma Risk Management) is a peer support initiative for staff who have been exposed to a potentially traumatic incident. The TRiM model proposes that individuals who share similar experiences are best placed to connect and support colleagues exposed to trauma, and encourage open-dialogue about their experience. Further information is available on the TRiM SharePoint page, click here or email SBU.TRiMTeam@wales.nhs.uk Support and advice for Swansea Bay University Health Board staff can also be provided by: • Trade Union Representatives (sharepoint.com) • Chaplaincy & Spiritual Care available between 8.30am-4.30pm on 33301, 01792 703301 or email SBU.Chaplaincy@wales.nhs.uk  Adran y Gaplaniaeth a Gofal Ysbrydol Department of Chaplaincy & Spiritual Care
<u>Y Gwasanaeth Gwarcheidwad</u> Mae dwy swydd Gwarcheidwad annibynnol allanol, Malcolm Stammers a Dafydd Owen. Gellir eu cyrchu trwy llinell ddi-dâl bwrpasol - 0333 5773132, neu drwy e-bost: Malcolm.s@theguardianservice.co.uk hannah.c@theguardianservice.co.uk  The Guardian Service Here to listen	<u>The Guardian Service</u> There are two external independent Guardians posts, Malcolm Stammers and Dafydd Owen. They can be accessed via a dedicated free line - 0333 5773132, or by email: Malcolm.s@theguardianservice.co.uk hannah.c@theguardianservice.co.uk  The Guardian Service Here to listen



Canopi (Iechyd i Weithwyr Proffesiynol Cymru - HHP yn gynt) yn cynnwys gwasanaeth cyfrinachol am ddim gyda mynediad i amrywiaeth o lefelau o gymorth iechyd meddwl.

E-bostiwrch canopi@cardiff.ac.uk neu ffoniwch 0800 058 2738



Canopi (previously Health for Health Professionals Wales - HHP) offers a free, confidential service with access to various levels of mental health support.

Email canopi@cardiff.ac.uk or Call 0800 058 2738



Llinell Gymorth
Iechyd Meddwl
ar gyfer Cymru

Cysylltwch â ni 24 awr y dydd

0800 132 737

call@helpline.wales

[C.A.L.L. Mental Health Helpline - Llinell Wrando a Chymorth Cymunedol \(callhelpline.org.uk\)](https://callhelpline.org.uk)



Mae'r gwasanaeth ar gael 24 awr y dydd, 7 diwrnod yr wythnos



Mental Health
Helpline For
Wales

Contact us 24 hours a day

0800 132 737

call@helpline.wales

[C.A.L.L. Mental Health Helpline - Community Advice and Listening Line \(callhelpline.org.uk\)](https://callhelpline.org.uk)



The Mental Health Helpline service is available 24 hours a day, 7 days a week, 365 days of the year.

 Mae SilverCloud Cymru yn darparu gwasanaethau therapi am ddim i helpu unigolion rheoli eich iechyd meddwl a llesiant gan ddefnyddio CBT (Therapi Gwybyddol Ymddygiadol). 	 SilverCloud Wales offers free online therapy services to help individuals manage their mental health and wellbeing using CBT (Cognitive Behavioural Therapy). 
Mae REACTMH® yn ddull, a ddatblygwyd gan arbenigwyr ‘March on Stress’, sy’n anelu at helpu chi gael sgysiau o grebwyll seicolegol a sgysiau cefnogol gyda chydweithwyr am eu hiechyd meddwl. Dengys tystiolaeth fod cydweithwyr sy’n derbyn hyfforddiant mewn nodi'r angen am, a datblygu'r hyder i ymgysylltu'n llwyddiannus â sgysiau iechyd meddwl a lles cefnogol gydag aelodau eu tîm yn gallu lleihau'r risg o salwch iechyd meddwl hirdymor hyd at 90%. Am ragor o wybodaeth cliciwch yma	REACTMH® is a tool, developed by experts at March on Stress, which aims to help you have psychologically savvy and supportive conversations with a colleague about their mental health. Evidence shows that colleagues who receive training in identifying the need for, and develop the confidence to successfully engage in, supportive mental health and wellbeing conversations with their team members can reduce the risk of longer-term mental ill health by up to 90%. Further information click here or email: SBU.TriMTeam@wales.nhs.uk
Able Futures Cymorth Iechyd Meddwl Yn y Gwaith Mae Able Futures yn wasanaeth cymorth iechyd meddwl a ddarperir gan Case-UK ledled Cymru a De-orllewin Lloegr ac a ariennir gan yr Adran Gwaith a Phensiynau (DWP) i gynorthwyo llesiant meddwl l pobl mewn gwaith. 02921 676 213 (Llinellau'n Agor Llu-Gwe 9am-4pm)	Able Futures Workplace Mental Health Support Able Futures is a workplace mental health support service delivered by Case-UK across Wales & South West England and is funded by the Department of Work and Pensions (DWP) to aid the employed with their mental health. 02921 676 213 (Lines Open Mon-Fri 9am-4pm)
 Mae'r Gwasanaeth Arian a Phensiynau (MaPS) yn gorff hyd braich a noddir gan yr Adran Gwaith a Phensiynau, a sefydlwyd ar ddechrau 2019, ac mae hefyd yn ymgysylltu	 The Money and Pensions Service (MaPS) is an arm's-length body sponsored by the Department for Work and Pensions, established at the beginning of 2019, and also

â Thrysorlys EF ar faterion polisi sy'n ymwneud â gallu ariannol a chyngor ar ddyledion. Darganfod mwy am Pwy ydym ni. Arweiniad pensiynau: 0800 138 0555 Arweiniad ariannol: 0800 138 7777 Cymorth am ddim a diduedd gydag arian, wedi'i gefnogi gan y llywodraeth HelpwrArian (moneyhelper.org.uk)	engages with HM Treasury on policy matters relating to financial capability and debt advice. Find more about Who we are. Pensions guidance: 0800 011 3797 Money guidance: 0800 138 7777 Free and impartial help with money, backed by the government MoneyHelper
  Mae'r Noddfa yn wasanaeth sydd ar gael y tu hwnt i oriau swyddfa arferol ac yn cynnig cymorth ymarferol a therapiwtig, holistaidd ac sy'n canoli ar y person, a hynny er mwyn cefnogi pobl sydd mewn risg o brofi argyfwng iechyd meddwl. Mae'r gwasanaeth ar gael 7 diwrnod yr wythnos, 365 diwrnod y flwyddyn, rhwng 6yh a 3yb. Mae'r Noddfa yn awr yn agored i hunan-gyfeiriadau. Os hoffech gael mynediad i'r gwasanaeth, cysylltwch â nhw'n uniongyrchol ar: 01792 399 676 Mae'r llinellau ar agor o 6yh a bydd galwadau'n cael eu cymryd tan 1:30yb. Gwasanaeth Noddfa Abertawe - Castell-nedd Port Talbot - Adferiad Recovery Cymru	  The Sanctuary is an out of hours service that provides practical and therapeutic, holistic, person-centered support to people at risk of mental health crisis. The Sanctuary is open 7 days a week, 365 days a year, from 6pm - 3am. The Sanctuary is open to self-referrals. If you would like to access this service then please contact them directly on: 01792 399 676 Lines are open from 6pm and calls are taken until 1:30am. Swansea / Neath Port Talbot Out-of-Hours Mental Health Sanctuary (adferiad.org)
 Cwnsela a chymorth cyfoedion ar gyfer meddygol a myfyrwyr meddygol (bma.org.uk) Gwasanaethau cwnsela a chymorth cyfoedion am ddim a chyfrinachol 24/7 ar agor i bob meddyg a myfyrwyr meddygol (waeth beth ei aelodaeth BMA), hefyd eu partneriaid a'u dibynydd, ar 0330 123 1245 	 Counselling and peer support for doctors and medical students (bma.org.uk) Free and confidential 24/7 counselling and peer support services open to all doctors and medical students (regardless of BMA membership), plus their partners and dependents, on 0330 123 1245 

Doctors in Distress Meddygon mewn Trallod Yn ffocysu ar gefnogi staff meddygol i atal gwaethygu materion iechyd meddwl. Nid ydynt yn darparu therapi ond yn gallu arwyddbostio i wasanaethau. E-bost: contact@doctors-in-distress.org.uk 	Doctors in Distress Doctors in Distress Focuses on supporting medical staff to prevent worsening of mental health issues. They do not provide therapy but can signpost to services. Email: contact@doctors-in-distress.org.uk 
BDA British Dental Association Cwmsela a Chymorth Emosiynol (bda.org) 	BDA British Dental Association Counselling and emotional support (bda.org) 

Mae wybodaeth ac adnoddau pellach ar gael ar y tudalen SharePoint [cliciwch yma](#)

Further information and resources are available on the SharePoint site, which is located in the Hub Sites section under Workforce and OD or [click here](#)

Cliciwch [yma](#) i weld digwyddiadau sydd i ddod

Click [here](#) to view upcoming events

Neu sganiwch y Cod QR

Or scan the QR Code

