



MENTAL HEALTH SERVICES

A guide for tenants in the Private Rented Sector

CCAWS - Community Care & Wellbeing Service

Helping people learn and develop mental, emotional, social and spiritual strength for life. CCAWS offers counselling, befriending, advocacy and psychoeducation.

ccaaws.org.uk
02920 345 294

Mind Cymru

Making sure everyone in Wales has access to the mental health information, advice and support they need. They are here to make sure no-one in Wales faces a mental health problem alone.

Mind offer a wide range of services, from counselling to courses and online resources.

mind.org.uk/about-us/mind-cymru-mind-in-wales/
0300 123 3393

Melo

Melo is a free self-help platform for your mental health and wellbeing. It contains information, advice and self-help resources to help you look after your mental health and wellbeing.

www.melo.cymru

MANUP?

Changing people's thoughts, opinions and minds about men's mental health. This charity raises awareness about mental health among men, and the web site contains a detailed support section.

www.manup.how

Growing Space

Growing Space supports individuals with mental ill health, autism, or a learning disability to build confidence, develop social skills and improve quality of life through the provision of therapeutic training, vocational skills, creativity and work experience.

growingpace.org.uk
01633 810718

Sane

Sane offers non-judgmental, confidential and compassionate emotional support and guidance to anyone affected by mental illness, as well as carers and families.

www.sane.org.uk
0300 304 7000



Platform

For mental health and social change, Platform run a range of projects across Wales. They develop compassionate responses to mental health challenges by looking at all areas of life.

Contact your local Platform office to find out what's going on in your area:

platform.org/contact-us

Holistic Hoarding

Certain behaviours, such as hoarding, are often a way of coping with, and trying to heal, distress. Holistic Hoarding offers a therapeutic space for you to explore this (should you choose to), so there is a wider understanding of what has led to the hoarding, and how they can support you with this without triggering re-traumatisation.

holistic-hoarding.co.uk
07478 723 045

For ages 16-25

Young Minds

youngminds.org.uk

The Mix

themix.org.uk/get-support

Meic

meiccymru.org

BAME Mental Health Support

BMHS is a not-for-profit organisation focused on education and advocacy to inspire a mentally healthy Black and Minority Ethnic community by providing support appropriate to their mental health and wellbeing.

bamementalhealth.org
0800 144 8824

How your GP (Doctor) can help

Sometimes, medication or a medical diagnosis is needed to help someone with their mental health. But there are lots of other ways your doctor can help besides these. They may refer you for some counselling or CBT, or a course with an organisation like Mind. They may also be able to offer gym access, or another form of physical activity to improve your mental wellbeing. Doctors can also tell you about local organisations and services you may not be aware of. So, it is always worth going to see your GP as a first port of call.

Do not be afraid to ask your GP for a different option, if you don't want to accept the first treatment they suggest.

When reaching out is hard

- If there is someone else who can help, get them to ask for support on your behalf. You may need to give permission, but someone else can contact services for you.
- Write an email / online message / letter. Many services in this guide use online messaging and email, not just phone calls. You could also write a note to give to your GP or another professional, if it is too difficult to speak in an appointment.
- Check if you can get an Advocate - someone to help you use services. Go to www.hubofhope.co.uk and search 'advocacy'.
- There is no limit to how many times you can reach out for help. If one way doesn't work, try another.

If you're feeling really low and need to talk, you can call the Samaritans for free on 116 123
or

C.A.L.L. mental health helpline for Wales (text or phone) on 0800 448 0828.

If you are in immediate danger, call 999



GWASANAETHAU IECHYD MEDDWL

Canllaw i denantiaid rhent
preifat yng Nghymru

CCAWS - Community Care & Wellbeing Service

Yn helpu pobl ddysgu a datblygu cryfder meddyliol, emosiynol, cymdeithasol ac ysbrydol am oes. Mae CCAWS yn cynnig cwnsela, cyfeillio, eiriolaeth a seico-addysg.

ccaws.org.uk
02920 345 294

Mind Cymru

Mae Mind yn gwneud yn siŵr bod pawb yng Nghymru yn gallu cael gfael ar yr wybodaeth, cyngor a chefnogaeth iechyd meddwl y mae ei angen arnynt. Maen nhw yno i wneud yn siŵr nad oes neb yng Nghymru'n wynebu problem iechyd meddwl ar eu pennau eu hunain. Mae Mind yn cynnig amrywiaeth eang o wasanaethau, o gwnsela i gyrsiau ac adnoddau ar-lein.

mind.org.uk/about-us/mind-cymru-mind-in-wales/
0300 123 3393

Melo

Llwyfan hunangymorth am ddim ar gyfer eich iechyd meddwl a llesiant yw Melo. Mae'n cynnwys gwybodaeth, cyngor ac adnoddau hunangymorth i'ch helpu i edrych ar ôl eich iechyd meddwl a'ch llesiant.

www.melo.cymru

MANUP?

Yn newid meddylfryd, barn a meddyliau pobl ynghylch iechyd meddwl dynion. Mae'r elusen hon yn codi ymwybyddiaeth am iechyd meddwl ymysg dynion, ac mae'r wefan yn cynnwys adran fanwl ar gymorth.

www.manup.how

Growing Space

Mae Growing Space yn cefnogi unigolion â phroblemau iechyd meddwl, awtistiaeth, neu anabledd dysgu i fagu hyder, datblygu sgiliau cymdeithasol a gwella ansawdd bywyd drwy ddarparu hyfforddiant therapiwtig, sgiliau galwedigaethol, creadigrwydd a phrofiad gwaith.

growingspace.org.uk

01633 810718

Sane

Mae Sane yn cynnig cefnogaeth ac arweiniad emosiynol anfeirniadol, cyfrinachol a thosturiol i unrhyw un y mae iechyd meddwl yn effeithio arnynt, yn cynnwys gofalwyr a theuluoedd.

www.sane.org.uk
0300 304 7000



Platfform

Dros iechyd meddwl a newid cymdeithasol, mae Platfform yn cynnal amrywiaeth o brosiectau ledled Cymru. Maen nhw'n datblygu ymatebion tosturiol i heriau iechyd meddwl drwy edrych ar bob agwedd ar fywyd.

Cysylltwch â'ch swyddfa Platfform leol i ddarganfod beth sy'n digwydd yn eich ardal chi:

platform.org/contact-us

Holistic Hoarding

Mae rhai ymddygiadau, fel celcio, yn aml yn ffyrdd o ymdopi â thrallod a cheisio ei wella. Mae Holistic Hoarding yn cynnig gofod therapiwtig i chi archwilio hyn (os dewiswch chi wneud hynny), er mwyn cael dealltwriaeth ehangach am beth sydd wedi arwain at y celcio, a sut gallan nhw eich cefnogi heb sbarduno trawma o'r newydd.

holistic-hoarding.co.uk
07478 723 045

Ar gyfer pobl 16-25 mlwydd oed

Young Minds

youngminds.org.uk

The Mix

themix.org.uk/get-support

Meic

meiccymru.org

Cefnogaeth Iechyd Meddwl BAME (BMHS)

Sefydliad dielw yw BMHS, sy'n canolbwyntio ar addysg ac eiriolaeth i ysbrydoli cymuned Pobl Dduon a Lleiafrifoedd Ethnig sy'n iach yn feddyliol drwy ddarparu cefnogaeth sy'n addas ar gyfer eu hiechyd meddwl a llesiant.

bamementalhealth.org
0800 144 8824

Sut gall eich Meddyg Teulu (GP) helpu

Weithiau, mae angen meddyginiaeth neu ddiagnosis meddygol i helpu rhywun gyda'u hiechyd meddwl. Ond mae llawer o ffyrdd eraill y gall eich meddyg helpu heblaw'r agweddau hyn. Efallai y byddant yn eich cyfeirio am gwnsela neu CBT, neu ar gwrs gyda sefydliad fel Mind. Mae'n bosibl y byddant hefyd yn gallu cynnig mynediad at ystafell ffitrwydd, neu ffurf arall ar weithgaredd corfforol i wella eich llesiant meddyliol. Gall meddygon hefyd ddweud wrthyhch am sefydliadau a gwasanaethau nad ydych, efallai, yn gwybod amdanynt. Felly, mae hi bob amser yn werth mynd i weld eich meddyg teulu fel cam cyntaf Peidiwch â bod ofn gofyn i'ch meddyg teulu am opsiwn gwahanol, os nad ydych eisiau derbyn y driniaeth gyntaf maen nhw'n ei chynnig.

Pan fo estyn allan yn anodd

- Os oes yna rywun arall sy'n gallu'ch helpu, gofynnwch iddyn nhw ofyn am gymorth ar eich rhan. Efallai y bydd rhaid ichi roi caniatâd, ond gall rhywun arall gysylltu â gwasanaethau ar eich rhan.
- Ysgrifennwch ebost / neges ar-lein / llythyr. Mae llawer o'r gwasanaethau yn y canllaw hwn yn defnyddio negeseuon ar-lein ac ebost, nid galwadau ffôn yn unig. Gallech hefyd ysgrifennu nodyn i'w roi i'ch meddyg teulu neu weithiwr proffesiynol arall, os yw'n rhy anodd ichi siarad yn ystod apwyntiad.
- Gwiriwch os gallwch gael Eiriolwr – rhywun i'ch helpu chi i ddefnyddio gwasanaethau. Ewch i www.hubofhope.co.uk a chwilio am 'advocacy'.
- Does dim terfyn ar sawl gwaith y cewch estyn allan am help. Os na fydd un dull yn gweithio, rhowch gynnig ar rywbeth arall.

Os ydych chi'n teimlo'n isel iawn ac angen siarad, gallwch ffonio'r Samariaid am ddim ar
116 123
neu

C.A.L.L. llinell gymorth iechyd meddwl Cymru (cewch anfon neges testun neu ffonio) ar
0800 448 0828.

Os ydych mewn perygl enbyd, ffoniwch 999