

# ffocws

ar lechyd meddwl

Hyrwyddo cymorth iechyd meddwl ar Ynys Môn



CHWEFROR 2021

Crëwyd ar eich cyfer

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# mental health focus

Promoting mental health support on Ynys Môn



FEBRUARY 2021

brought to you by

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## helo.



Dros yr ychydig fisoedd diwethaf, mae iechyd meddwl wedi dod yn rhywbeth y mae mwy o mwy ohonom yn ymwybodol ohono. Irai pobl gallai'r pryder, yr anisrwydd ar unigrwydd a ddaeth yn sgil pandemig y Coronafeirws fod wedi bod eu cyfarfyddiad go iawn, cyntaf gyda phroblemau iechyd meddwl; i bobl eraill sydd wedi byw gyda chyflwr iechyd meddwl cyn hyn, gall y pandemig fod wedi gwaethgu eu symptomau.

Mae problemau iechyd meddwl uwchlaw pob fin. Nid yw o bwys pa liw ydych chi, pa iaith yr ydych chi'n ei siarad, pa ryw yr ydych yn uniaethu ag ef, neu faint o arian sydd gennych chi - rydym i gyd yn chwannog. Rydym yn arbennig o chwannog yr adeg hon o'r flwyddyn - mae gan fis Ionawr enw drwg fel cyfnod dirfynol ar y gorau, ac ar ôl y flwyddyn a aeth heibio, mae'n ddealladwy y bydd llawer ohonom yn brwydro i ddod o hyd i'r "wmf" yr oedd gennym ni unwaith. P'un a ydych chi'n ystyried bod gennych chi "broblemau iechyd meddwl" neu'n gweld eich hun ychydig yn isel neu o dan bwysau mwy nag arfer, mae'r dalen hon yn eich cyflwyno i wasanaethau lleol a all eich helpu chi ac mae'n cynnig rhai awgrymiadau ymarferol i'ch helpu chi i reoli eich llesiant eich hun.

Mae'r dalen hon hefyd yn cynnig dolenni er mwyn i bobl leol gofrestru i ddilyn cyrsiau hyfforddi ynglŷn ag ymwybyddiaeth iechyd meddwl. Fy nod yw hyfforddi o leiaf 100 o bobl ar Ynys Môn mewn ymwybyddiaeth iechyd meddwl. Nid yw o bwys pa swydd yr ydych chi'n ei gwneud, mae hyfforddiant iechyd meddwl mor bwysig â hyfforddiant cymorth cyntaf a byddw'n yn annog pawb i gofrestru ar gwrs.

Dymunaf 2021 dda iawn a hapus i chi ac edrychaf ymlaen at wneud Ynys Môn hyd yn oed yn well lle i fyw ynddi. ■

Virginia Crosbie AS

Aelod Seneddol dros Ynys Môn

Ysgrifennydd Seneddol Preifaf, Gweinidogion Iechyd y DU

## Hyfforddiant Iechyd Meddwl

Mae hyfforddiant ymwybyddiaeth iechyd meddwl yn dysgu pobl ynglŷn â chyflyrau iechyd meddwl cyffredin ac yn helpu i leihau stigma sydd ynghylch materion iechyd meddwl. Gall unrhyw un, mewn unrhw safle cymdeithasol, gael budd o hyfforddiant iechyd meddwl. Ni fydd yn eich gwneud chi'n seiciatridd nac yn niys, ond bydd yn helpu i chi weld yr arwyddion rhybudd ar gyfer materion iechyd meddwl cymhleth, fel seiberfwlio, trawma, Anhwylder Straen Wedi Trawma (PTSD), ac iselder/pryder a gyfer materion iechyd meddwl "cryder" ar gyfer rhywun mewn sefyllfa berol.

Salwch anelwadwy yw problemau iechyd meddwl. Gall unigolyn ymddangos yn iach ac yn hapus ond gall guddio y tu ôl i wir ddiodeffaint. Yn annhebyg i gyflwr corfforol, fel torri coes, gall problemau iechyd meddwl gael eu cuddio yn hawdd nes iddyn nhw ddod yn rhy lawr i unigolion

allu ymdrin â nhw. Bydd hyfforddiant iechyd meddwl yn eich helpu chi i adnabod yr arwyddion o ofid meddwl ynoch chi a phobl eraill, gan roi'r offer i chi ymdopi ag argyfyngau ac ymyrryd cyn i broblem dyfu yn argyfwng.

■ Mae CF Môn yn cynnig tair lefel o gyrsiau dysgu o bell wedi'u hachredu gan FFA (Dyfarniadau Cymorth Cyntaf Cyf) sy'n cael ei realodi gan Ofqual. Mae hyfforddiant Lefel 1 yn costio £55. Os oes diddordeb gennych chi mewn cymryd rhan neu os hoffech chi nodi rhywun i ddilyn y cwrs hyfforddi, cysylltwch â bethan.davies@parliament.uk os gwelwch yn dda. Byddw'n yn anfon manylion llawn atoch a'ch rhoi mewn cysylltiad â Môn CF. Yn ychwanegol at eich dyfarniad Môn CF, byddwch chi hefyd yn derbyn Tystysgrif "100 o Hyfforddwyr Iechyd Meddwl" gennyf i.



Dull newydd yw MEDRAF I o wella iechyd meddwl a llesiant gan Fwrdd Iechyd Prifysgol Betsi Cadwaladr ac mae wedi'i gychwyn mewn cymunedau lleol ac yn cael ei arwain gan bobl gyda gwir brofiad. Mae'n cynnig amrediad o ymyriadau, yn cynnwys cymorth gyda phroblemau iechyd meddwl, rhaglen gyflogaeth, hyfforddiant ymwybyddiaeth a chyfleoedd gwirfoddoli. Er mwyn cael rhagor o wybodaeth ewch i www.bcuuhb.nhs.wales/i-can/



## Gwasanaethau Iechyd Meddwl Lleol Pwysig

Nid yw'n bosibl ymdrin â'r holl wasanaethau sydd ar gael yn lleol neu'n genedlaethol mewn un dalen, ond dyma fanylion ynglŷn â gwasanaethau eraill a all arwain y ffordd i chi at dderbyn cymorth:

- Mae Dolen Gymunedol Môn gan Medrwn Môn yn cynnig cymorth a gall eich arwain chi at wasanaethau eraill ar Ynys Môn. Ffoniwch 01248 725745 neu anfonwch e-bost at linc@medrwnmon.org
- Mae Dewis Cymru yn darparu dolenni at amrediad o wasanaethau cymorth iechyd a llesiant drwy Gymru drwy fynd i www.dewis.wales

## hello.



Over the past few months, mental health has become something that more and more of us are aware of. For some people the anxiety, uncertainty and isolation brought on by the Coronavirus pandemic may have been their first real encounter with mental health problems, for others who have lived with a mental health condition previously, the pandemic may have exacerbated their symptoms.

Mental health problems transcend all boundaries. It doesn't matter what colour you are, what language you speak, what age you are, what gender you identify as, or how much money you have - we are all susceptible. And we are particularly susceptible at this time of year - January is notorious as a stressful period at the best of times, and after the past year it is understandable that many of us will struggle to find the "oomph" we once had.

Whether you consider yourself to have "mental health problems" or you just find yourself feeling a bit lower or more stressed than usual, this leaflet introduces you to local services that can help you and offers some practical tips to help you to manage your own wellbeing.

This leaflet also offers links for local people to register for mental health awareness training courses. My goal is to have at least 100 people on Anglesey trained in mental health awareness. It doesn't matter what your role in life is, mental health training is as important as first aid training and I would encourage everyone to enrol in a course.

I wish you a very good and happy 2021 and look forward to making Anglesey an even better place to live. ■

Virginia Crosbie MP

Member of Parliament for Ynys Môn  
Parliamentary Private Secretary, UK Health Ministers

## Mental health training

Mental health awareness training teaches people about common mental health conditions and helps reduce the stigma surrounding mental health issues. Anyone, in any walk of life, can benefit from mental health training. It won't make you a psychiatrist or a nurse, but it will help you to spot warning signs for complex mental health issues, such as cyberbullying, trauma, Post Traumatic Stress Disorder (PTSD), and depression/anxiety and understand how to provide "first aid" for someone in a challenging situation.

Mental health issues are invisible illnesses. A person can appear to be healthy and happy but be hiding real suffering. Unlike a physical condition, like a broken leg, mental health issues can be easily hidden until they become too great for

an individual to handle. Mental health training will help you to recognize the signs of mental distress in yourself and others, giving you the tools to handle crises and intervene before a problem becomes an emergency.

■ Môn CF offers three levels of distance learning courses accredited by the FEA (First Aid Awards Ltd) which is regulated by Ofqual. Level One training costs £55.

If you are interested in taking part or if you would like to sponsor someone to do the training course, please email bethan.davies@parliament.uk. We will send you full details and put you in touch with Môn CF. In addition to your Môn CF award you will also receive a "100 Mental Health Trained" Certificate from me.



ICAN is the new approach to improving mental health and wellbeing from Betsi Cadwaladr University Health Board which is rooted in local communities and led by people with real experience. It offers a range of interventions including support with mental health issues, an employment programme, awareness training and volunteering opportunities. Find out more at www.bcuuhb.nhs.wales/i-can/



## Important Local Mental Health Services

It isn't possible to cover all the services available locally or nationally in one leaflet, but here are details of other services that can signpost you to support:

- Môn Community Link from Medrwn Môn offers support and can signpost you to other services on Anglesey. Call 01248 725745 or email linc@medrwnmon.org
- Dewis Cymru provides links to a range of health and wellbeing support services across Wales at www.dewis.wales

Ewch i [virginiacrosbie.co.uk/yourmindmatters](http://virginiacrosbie.co.uk/yourmindmatters) er mwyn darllen fy mhorthol cymorth iechyd

Hyrwyddwyd gan Ceflyn Furlong, ar ran Virginia Crosbie, y ddau yn 49 Stryd y Bont, Llangefni, LL77 7PN. Argraffwyd gan W.O. Jones (Argraffwyr) Cyf., Ystâd Ddiwydiannol, Llangefni, Ynys Môn, LL77 7JA, Cymru

Check out my mental health support portal at [virginiacrosbie.co.uk/yourmindmatters](http://virginiacrosbie.co.uk/yourmindmatters)

Promoted by Ceflyn Furlong, on behalf of Virginia Crosbie, both of 49 Bridge Street, Llangefni, LL77 7PN. Printed by W.O. Jones (Printers) Ltd., Industrial Estate, Llangefni, Ynys Môn, LL77 7JA, Cymru





## A safe haven, in a shed

Traditionally garden sheds have been a place for men to pursue practical interests at leisure, to practise skills and enjoy making and mending. However, these are primarily solitary pursuits and over the past few years cultural and social changes have meant that men often face greater isolation and different issues than they have in the past. Divorce, redundancy and retirement have been key drivers in men finding themselves faced with mental health challenges.

The *Men's Shed* movement is about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter. The movement is not about sitting around in a circle and discussing your "issues", it's about working alongside each other, meeting friends and finding a space for talking through the stuff that is on your mind as and when you want to.

### Where to find a Men's Shed

- *Beaumaris Seiriol Men's Shed* - 07782 307219
- *Amlwch Men's Shed* - 01407 839159
- *Holyhead Men's Shed* - 01407 763559

If there isn't a Men's Shed near you then why not take a look at [www.mensshedsymru.co.uk](http://www.mensshedsymru.co.uk) and look at setting your own up? Another local initiative is the Men's mental health walking group ("we walk, we talk, we listen") which runs local walks for men to attend (when rules allow) every Thursday at 10am in Holyhead. Contact Rozzy on 01407 762004 for more details. ■

## FOR OLDER PEOPLE

The pandemic has made massive differences to the way we live and many older people have found themselves isolated either because they are shielding or because restrictions have stopped family and friends from visiting. Loneliness can be difficult to combat when you cannot go out and see people or you are unable to access facilities such as Zoom. The following services will all assist with signposting or just a chat.

### Where to find support

- *Reengage Call Companions Service* - 0800 716 543
- *Môn Older People Project from Gorwel* - 0300 111 0226
- *Royal Voluntary Service* - 01248 661915
- *Age Cymru Gwynedd a Môn* - 01286 677 711

# Support for women and families



Around 1.2 million women and 700,000 men experience domestic abuse each year, according to the Office for National Statistics, and there is a strong link between domestic abuse and mental health. Individuals who experience domestic abuse at any stage in their life are more likely to have a mental health problem and it is associated with depression, anxiety, PTSD and substance abuse. Studies have also shown a strong link between childhood exposure to domestic abuse and poorer educational outcomes.

Womens' Aid defines domestic abuse as an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, usually by a partner or ex-partner, but also by a family member or carer. Anyone can be a victim of domestic abuse, regardless of gender or age, but recognising it and finding the strength to deal with it can be incredibly difficult. Gorwel

is a local charity that works in partnership with other agencies to offer support to victims of domestic abuse including advice and help with money matters, becoming independent, wellbeing, building lifeskills and more.

Find information about Gorwel via [www.gorwel.org](http://www.gorwel.org) or call 0300 111 2121.

### Other help and support

- *24 hour National Domestic Abuse Helpline run by Refuge on 0808 2000 247* • *Live Fear Free Helpline 0808 80 10 800* • *Rape and Sexual Abuse Support Centre 01248 670 628* • *Stepping Stones (for adults sexually abused as children) 01978 352 717*
- *The Samaritans* – "If you need someone to talk to, we listen. We won't judge or tell you what to do" phone 116 123.

## For children and young people

The past year has hit children and young people hard. They often do not have the life skills to deal with complex and fast-changing situations. Many have been separated for long periods from friends, extended family and support networks, they have missed school, and may be experiencing trauma at home as parents and carers have struggled financially or emotionally. Some will have become young carers themselves for adults shielding or dealing with their own mental health problems.

The country has seen an increase in rates of anxiety amongst children this year but it is often more difficult for young people and children to access services or to speak out about how they are feeling.

### Where to find support

- *Golau mental health support services from Barnados Cymru* - 01248 751194
- *Ynys Môn Mind* - 01286 685279
- *Childline* - 0800 1111
- *Ynys Môn Young Carers* - 01248 364614
- *Meic* - 080880 23456

One of the most important things you can do to support young people is to take mental health awareness training, which will help you identify signs of hidden distress so that you can signpost individuals to appropriate support. ■



## Hafan ddiogel, mewn sied

Yn draddodiadol, bu siediau mewn gerddi yn lleoedd i ddynion ddilyn diddordebau ymarferol yn eu hamser hamdden, ymarfer sgiliau a mwynhau cynhyrchu a thrwsio. Fodd bynnag, mae'r rhai hynny yn bennaf yn diddordebau unig a thros yr ychydig flynnydoedd diwethaf, mae newidiadau diwyllianol a chymdeithasol wedi golygu bod dynion yn aml yn wynebu mwy o unigrwydd a phroblemau gwahanol nag yn y gorffennol. Y prif sbardunwyr sy'n gyfrifol bod dynion yn wynebu heriau iechyd meddwl oedd ysgariad, diswyddiad ac ymdeoliad.

Mae'r mudiad Siediau Dynion ynghylch adeiladu cysylltiadau cymdeithasol a chyfeillgarwch, rhannu sgiliau a gwybodaeth, ac wrth gwrs, llawer o chwethrin. Nid mudiad sy'n eistedd o gwmpas mewn cylch a thrafod eich "problemau" ydi hwn, mae ynghylch gweithio ochr yn ochr â'ch gilydd, cwrd i ffrindiau a dod o hyd i fangre ar gyfer siarad am yr hyn sydd ar eich meddwl pan rydych chi'n dymuno gwneud hynny.

### Lle gallwch chi ddod o hyd i Sied Dynion

- *Sied Dynion Seiriol Biwmares* - 07782 307219
- *Sied Dynion Amlwch* - 01407 839159
- *Sied Dynion Caerdybi* - 01407 763559

Os nad oes Sied Dynion wrth eich ymyl chi, pam na wneuch chi edrych ar [www.mensshedsymru.co.uk](http://www.mensshedsymru.co.uk) ac ystyried sefydlu un eich hun? Menter leol arall yw'r grŵp cerdded iechyd meddwl i ddynion ("rydym yn cerdded, rydym yn siarad, rydym yn gwranddo") sy'n rhedeg teithiau cerdded i ddynion i'w mynychu (pam mae'r rheolau yn caniatáu) bob dydd iau am 10am yng Nghaerdybi. Cysylltwch â Rozzy ar 01407 762004 am ragor o fanylion. ■

## AR GYFER POBL HŶN

Mae'r pandemig wedi gwneud gwahaniaethau enfawr i'r ffordd yr ydym yn byw ac mae llawer o bobl hŷn wedi gweld eu bod yn unig, un ai oherwydd eu bod yn gwarhod neu oherwydd bod cyfyngiadau wedi atal teulu a ffrindiau rhag ymweld â nhw. Gall unigrwydd fod yn anodd ymddopi ac cf pan na allwch chi fynd allan a gweld pobl neu os nad ydych chi'n gallu defnyddio cyfeusterau fel Zoom. Bydd y gwasanaethau canlynol yn eich cynorthwyo chi i ddod o hyd i ddynion nhw neu dim ond i gael sgwrs.

### Where to find support

- *Gwasanaeth Cymdeithion Galw Reengage* - 0800 716 543
- *Prosiect Pobl Hŷn Môn gan Brosiect Gorwel* - 0300 111 0226
- *Gwasanaeth Gwirfoddol Brenhinol* - 01248 661915
- *Age Cymru Gwynedd a Môn* - 01286 677 711

# Cymorth ar gyfer plant a theuluoedd



Yn ôl y Swyddfa Ystadegau Gwladol, mae oddeutu 1.2 miliwn o ferehed a 700,000 o ddynion yn profi cam-drin domestig bob blwyddyn, ac mae cysylltiad cryf rhwng cam-drin domestig ac iechyd meddwl. Mae unigolion sy'n profi cam-drin domestig ar unrhyw adeg yn eu bywydau yn fwy tebygol o gael problem iechyd meddwl ac mae'n gysylltiedig ag iselder, pryder, Anhwylder Straen Wedi Trawma (PTSD) a cham-drin sylweddau. Yn ogystal, mae astudiaethau wedi dangos cysylltiad cryf rhwng profi cam-drin domestig yn ystod plentynod a chanlyniadau addysgol gwaelach.

Mae Cymorth i Ferched yn difinio cam-drin domestig fel digwyddiad neu batrwm o ddigwyddiadau o ymddyddiad sy'n rheoli, gorfodi, bygwth, diraddio a threisio, gan gynnwys trais rhywiol, fel arfer gan bartner neu gyn-bartner, ond hefyd gan aelod o'r teulu neu ofalwr. Gall unrhyw un fod yn ddi-ddedfwr cam-drin domestig, beth bynnag yw eu rhyw neu'u hoed, ond gall ei gydnabod a dod o hyd

i gyfryder i ymddrin ag ef fod yn anhygoel o anodd. Elusen leol yw Gorwel sy'n gweithio mewn partneriaeth ag asiantaethau eraill i gynnig cymorth i ddi-ddedfwr cam-drin domestig gan gynnwys cyngor a chymorth gyda materion ariannol, dod yn annibynnol, llesiant, datblygu sgiliau bywyd a mwy.

Gallwch chi gael gwybodaeth ynghlyn â Gorwel drwy [www.gorwel.org](http://www.gorwel.org) neu drwy ffônio 0300 111 2121. ■

### Help a chymorth arall

- *Llinell Gymorth Cam-drin Domestig Cenedlaethol 24 awr ar 0808 2000 247*
- *Llinell Gymorth Byw Heb Ofn 0808 80 10 800*
- *Canolfan Cymorth Trais a Cham-drin Rhywiol ar 01248 670 628* • *Cerrig Camu (ar gyfer oedolion sydd wedi cael eu cam-drin yn rhywiol pan oedden nhw'n blant) 01978 352 717*
- *Y Samariaid* - "Os ydych chi eisiau rhywun i wrando arnoch, rydym ni'n gwranddo. Ni fyddwn yn barnu nac yn dweud wrthydd chi beth i'w wneud", ffônwch 116 123

## Ar gyfer plant a phobl ifanc

Mae'r flwyddyn a aeth heibio wedi bod yn anodd i blant a phobl ifanc. Yn aml, nid oes ganddyn nhw'r sgiliau bywyd i ymddrin â'r sefyllfaoedd cynhyrth, sy'n newid yn gyflym. Mae llawer ohonny nhw wedi cael eu gwahanu am gyfnodau hir oddi wrth ffrindiau, teulu estynedig a rhydwethiau cymorth, maen nhw wedi colli'r ysgol, a gallan nhw fod yn profi trawma yn y cartref wrth i rieni a gofalwyr frwydro yn ariannol neu'n emosiynol. Bydd rhai wedi dod yn ofalwyr ifanc eu hunain ar gyfer oedolion sy'n gwarhod neu'n ymddrin â'u problemau iechyd meddwl eu hunain.

Mae'r wlad wedi gweld cynnydd mewn straen ymysg plant eleni, ond yn aml mae'n fwy anodd i bobl ifanc a phlant gael mynediad at wasanaethau neu siarad ynghlyn â sut maen nhw'n teimlo.

### Lle i gael cymorth

- *Gwasanaethau cymorth iechyd meddwl Golau gan Barnados Cymru* - 01248 751194
- *Mind Ynys Môn* - 01286 685279
- *Childline* - 0800 1111
- *Gofalwyr Ifanc Ynys Môn* - 01248 364614
- *Meic* - 080880 23456

Un o'r pethau pwysicaf y gallwch chi ei wneud i gynorthwyo pobl ifanc yw dilyn hyfforddiant ymwybyddiaeth iechyd meddwl, a fydd yn eich helpu chi i adnabod arwyddion o ofid cuddiedig, fel y gallwch chi arwain y ffordd i unigolion dderbyn cymorth priodol. ■