

Rhestr o Linellau Cymorth ac Apiau Hunanofal ar gyfer disgyblion Cyfnod Allweddol 3 a 4. (11-18 mlwydd oed)

A list of Support Lines and Self Care Apps for Key Stage 3 and 4 pupils.
(11-18 years of age)

Mae'r rhestr yn cynnwys llinellau cymorth ar gyfer y meysydd canlynol:

The list includes support lines for the following areas:

Iechyd Meddyliol ac Emosiynol / Mental & Emotional Health

Hunan Niweidio a Meddyliau Hunanladdol/ Self-harm & Suicidal Thoughts

Profedigaeth / Bereavement

Unigolion LHDT+C / LGBT+Q individuals

Anhwylderau Bwyta / Eating Disorders

Caethiwed / Addiction

Apiau Hunan Gofal / Self-Care Apps

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Iechyd Meddwl ac Emosiynol (Cyffredinol) / Mental & Emotional Health (General)	Mynediad i'r Llinell Gymorth / Access to the Support Line
 Mae ChildLine yn Wasanaeth Cyfrinachol, preifat a rhad ac am ddim lle gall Plant a Phobl Ifanc siarad am unrhyw beth, mawr neu fach. Gall ChildLine helpu unrhyw un o dan 19 oed gydag unrhyw faterion maen nhw'n mynd drwyddynt. Bydd cwnsleriaid hyfforddedig ar gael i ddarparu cefnogaeth drwy ffôn, e-bost neu drwy sgwrsio ar y we. Childline is a free, private and Confidential Service where Children & Young People can talk about anything, big or small. Childline can help anyone under the age of 19 with any issues they're going through. Trained counsellors will be available to provide support via phone, e-mail or on-line chat.	Saesneg / English https://www.childline.org.uk/info-advice/ https://www.childline.org.uk/get-support/ https://www.childline.org.uk/get-support/ask-sam/ Gallwch gysylltu gyda Childline trwy gyfrwng y Gymraeg hefyd: You can also contact Childline through the medium of Welsh https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/ Ffôn / Phone: 0800 1111
 Mae'r wefan yma'n darparu gofod i unigolion i ddysgu am anhwylder iechyd meddwl gwahanol, darllen am brofiadau eraill a chael gwybodaeth am ble i gael cymorth drwy gyfrwng y Gymraeg. Yn ogystal, darperir cyfle i unigolion rannu a darllen am brofiadau eraill. This website provides a space to learn about different mental health conditions, to find support & information regarding where to obtain further assistance from through the medium of Welsh. In addition, it provides an opportunity for individuals to share and read about the experiences of others.	Cymraeg / Welsh https://meddwl.org/pobl-ifanc/ https://meddwl.org/pobl-ifanc/plant/ https://meddwl.org/cymorth/ https://meddwl.org/meddwl-org-who-what-and-why/
 Llinell gymorth gwybodaeth, cyngor ac eiriolaeth i blant a phobl ifanc dan 25 oed. Bydd Meic yn gallu gwrandao ar unrhyw bryderon heb barnu. Darperir gwasanaeth sgwrsio ar lein hefyd. A support line that provides information, advice and advocacy for children & young people under 25 years of age. An online chat service is also available.	Dwyieithog / Bilingual https://www.meiccymru.org/cym/ https://www.meiccymru.org/ Rhadffôn / Freephone: 080880 23456 Testun / Text: 84001 Sgwrsio ar y we ar gael hefyd / Online chat service also available
 (Cyfnod Allweddol 3 / Key Stage 3) Nod y wefan hon yw darparu'r offer sydd angen ar deuluoedd a'u plant wneud dewisiadau iach. Mae'n cynnwys maes penodol ar gyfer 'plant' gydag adran benodol ar Emosiynau ac Ymddygiad yn darparu strategaethau ar sut i ymdopi â rhai emosiynau a sefyllfaoedd. This website aims to provide families and their children with the tools to make healthy choices. It includes a specific area for 'kids' with a specific section on Emotions & Behaviour providing strategies on how to cope with certain emotions and situations.	Saesneg / English https://kidshealth.org/en/kids/feeling/?WT.ac=k-nav-feeling#catemotion

Llinell Gymorth / Support Line Iechyd Meddwl ac Emosiynol / Mental & Emotional Health	Mynediad i'r llinell gymorth / Access to the support line
 Mae 'Llondceg' yn APP Cyngor dwyieithog am ddim sy'n llawn help a chynghor cymheiriaid am yr holl bethau sy'n wirioneddol bwysig i bobl ifanc o ddelio â straen gwaith cartref i rieni wedi ysgaru i hunan-niweidio. Mae'r Ap yn mynd i'r afael â'r holl faterion MAWR a bach y mae plant yn eu hwynebu heddiw. Llondceg is a free bilingual Advice APP crammed full of help and peer advice about all the things that really matter to young people from dealing with homework stress to parents getting divorced to sexting & self-harm. The App tackles all the BIG and small issues that children are faced with today.	<i>Dwyieithog / Bilingual</i> http://www.s4c.cymru/cy/adloniant/llond-ceg/ http://www.s4c.cymru/en/entertainment/llond-ceg/
 Sefydliad Elusen Iechyd Meddwl yw Mind sy'n darparu plattform o gefnogaeth a chynghor i unigolion ynghylch Iechyd a Lles Meddwl. Mae gan y wefan adran benodol sy'n ymroddedig i blant a phobl ifanc Mind is a Mental health Charity Organisation that provides a platform of support & advice for individuals regarding Mental Health & Well-being. Its website has a specific section dedicated to children & young people	<i>Dwyieithog / Bilingual</i> https://www.mind.org.uk/cy/gwybodaeth-ar-gyfer-pobl-ifanc/ https://www.mind.org.uk/information-support/for-children-and-young-people/
 Mae Stem yn elusen sy'n hybu iechyd meddwl ymhlith pobl ifanc yn eu harddegau a'r rhai sy'n eu cefnogi. Darperir cefnogaeth yn ddigidol trwy raglen addysg arloesol, apiau iechyd meddwl arloesol + gwefan â gwybodaeth glinigol. Stem is a charity that promotes mental health in teenagers and those who support them. Support is provided digitally through an innovative education programme, pioneering mental health apps + a clinically informed website.	<i>Saesneg / English</i> https://stem4.org.uk/story/# https://stem4.org.uk/mindyour5-for-teenagers/ https://stem4.org.uk/anxiety/anxiety-for-teenagers/ https://stem4.org.uk/self-harm/
 Mae 'Young Minds' yn blatfform sy'n darparu cefnogaeth ac arweiniad i blant a phobl ifanc am deimladau, symptomau a chyflyrau iechyd. Mae'n hysbysu unigolion o ble y gallant ddod o hyd i gymorth ac ar sut i wella eu hiechyd meddwl. Cyngor i Rieni a Gofalwyr hefyd. Young Minds is a platform which provides support & guidance to children & young people about feelings, symptoms & health conditions. It informs individuals on where they can seek help and on how to improve their mental health. Advice for Parents & Carers too.	<i>Saesneg / English</i> https://youngminds.org.uk/ https://youngminds.org.uk/find-help/
 Llinell gymorth 24/7 awr ar gyfer unrhyw un sy'n ei chael hi'n anodd ymdopi ac sydd angen rhywun i wrando heb farnu neu bwysau. Llinell gymorth sy'n cynnig clust i wrando a chefnogaeth ar adegau o angen. A 24/7 hour helpline for anyone who is struggling to cope and who needs someone to listen without judgement or pressure. A helpline which offers a listening ear and support in times of need.	https://www.samaritans.org/wales/how-we-can-help/schools/young-people/ https://www.samaritans.org/wales/how-we-can-help/contact-samaritan/talk-us-phone/ https://www.samaritans.org/wales/how-we-can-help/contact-samaritan/welsh-language-phone-line/ Llinell Ffôn Gymraeg / Welsh Free Phone Line: 0808 164 0123 Ffôn / Free Phone: 116 123

Llinell Gymorth / Support Line Iechyd Meddwl ac Emosiynol / Mental & Emotional Health	Mynediad i'r llinell gymorth / Access to the support line
 Cymorth ar-lein i bobl ifanc 11-25 oed sydd ag anwyl yn â salwch difrifol ac sy'n poeni am ystyr y firws iddyn nhw. Cynigir cefnogaeth ar-lein a thrwy wasanaeth sgwrsio preifat neu drwy ymuno â chymuned o bobl ifanc sy'n deall yn gyffredinol beth rydych chi'n mynd drwyddi. Online help for young people aged 11-25 years who have a loved one with a serious illness & are worried about what the virus means to them. Support is offered online and via a private chat service or by joining a community of young people who generally understand what you're going through.	<i>Saesneg / English</i> http://www.hopesupport.org.uk/ http://www.hopesupport.org.uk/online-support/
 Addas ar gyfer unigolion o dan 25 oed / Suitable for individuals under 25 years of age Mae'r Mix yn cynnig cefnogaeth a help i unrhyw berson ifanc gydag unrhyw fater y gallent fod yn ei wynebu o faterion iechyd meddwl i ddadlau gyda ffrind. Gall unigolion siarad â chwnsler ar-lein neu'n gyfrinachol dros y ffôn. The Mix offers support & help to any young person with any issue they may be facing from mental health issues to arguing with a friend. Individuals can talk to a counsellor on-line or confidentially over the phone.	<i>Saesneg / English</i> https://www.themix.org.uk/ Free phone: 0808 808 4994 Gwasanaeth sgwrsio ar-lein / 1-2-1 online chat service available Crisis Messenger service available
 Elusen Gofrestredig annibynnol, ydy Area 43, a leolir yn Aberteifi, Gorllewin Cymru, sy'n darparu gwasanaethau cwnsela i'r rhai rhwng <u>10 a 30 mlwydd oed</u>. Area 43 is an independent Registered Charity, based in Cardigan, West Wales, providing counselling services to those aged between <u>10 and 30 years of age</u>.	<i>Dwyieithog / Bilingual</i> Yn ystod yr amser mae ysgolion Sir Gâr ar gau, bydd cwnsleriaid ysgolion Area 43 yn cynnig cwnsela o bell, fesul Zoom, platfform ar-lein gan ddefnyddio dolen tectst, clywedol neu fideo neu dros y ffôn. I gael mynediad i gefnogaeth cwnsela, a wnewch chi gwblhau dolen hunan-gyfeirio (ar gyfer plant/pobl ifanc blwyddyn 5 ac yn hŷn yn Sir Gâr) a bydd cwnselydd yn cysylltu gyda chi yn uniongyrchol. https://www.area43.co.uk/cy/cyfeirio/ During the time that Carmarthenshire schools are closed, Area 43's schools counsellors will be offering counselling remotely, via Zoom, an online platform using text, audio or video link or over the phone. To access counselling support, please complete the self-referral (for children/young people from year 5 and older in Carmarthenshire) and a counsellor will contact you directly. https://www.area43.co.uk/referrals/ Ffôn / Phone: 0800 0385778 01239 614556 E-bost / E-mail: dropin@area43.co.uk



Mae 'Anxiety UK' yn Elusen Gofrestredig Genedlaethol sy'n cael ei rhedeg gan bobl sy'n profi ac yn byw gydag anhwylderau pryder a gefnogir gan banel cynghori meddygol proffil uchel. Darparu rhyddhad a chefnogaeth i'r rhai sy'n byw gydag anhwylderau sy'n seiliedig ar bryder trwy ddarparu gwybodaeth, cefnogaeth a dealltwriaeth.

Anxiety UK is a National Registered Charity which is run by people experiencing & living with anxiety disorders supported by a high-profile medical advisory panel. Provides relief & support for those living with anxiety by providing information, support & understanding.

Saesneg / English

<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

Gwasanaeth / Text Service available: 07537416905

E-bost / E-mail: support@anxietyuk.org.uk

Llinell gymorth / Helpline: 03444 775 774



Daethpwyd o hyd i'r canllawiau hunangymorth a gynhwysir yn y golofn nesaf ar Anhwylder Gorfodaeth Obsesiynol, ar wefan Anxiety UK. Cynhyrchwyd y canllawiau gan bartneriaeth GIG Coventry a Warkwicksire.

The self-help guides included in the next column were found on the Anxiety UK website. The guides were produced by Coventry and Warkwicksire Partnership NHS trust.

Saesneg / English

Obsessive Compulsive Disorder: A Young Person's Self-Help Guide:

<https://www.anxietyuk.org.uk/wp-content/uploads/2010/06/Obsessive-Compulsive-Disorder-A-young-persons-self-help-guide.pdf>

A Parent/Carer Self-Help Guide:

Helping your Child with Obsessive Compulsive Disorder:

<https://www.anxietyuk.org.uk/wp-content/uploads/2010/06/Helping-your-child-with-Obsessive-Compulsive-Disorder.pdf>



Mae gwefan y GIG yn cynnwys llawer o wybodaeth ddefnyddiol ynghylch iechyd meddwl ac emosiynol plant megis pwysigrwydd Cwsg. Ewch i'r wefan drwy glicio ar y ddolen a ddarperir yn y rhes nesaf er mwyn derbyn rhagor o wybodaeth am y manteision o gwsg ar Iechyd Meddwl.

The NHS website contains lots of useful information regarding the mental and emotional health of children such as the importance of sleep. Please visit the website by clicking on the link provided in the next row in order to receive further information regarding the benefits of sleep on Mental Health.

Saesneg / English

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/?tabname=childrens-sleep>



Mae 'Shout' yn wasanaeth testun argyfwng 24/7 sydd ar gael i bobl sy'n teimlo bod angen cefnogaeth BRYs arnyn nhw.

Trwy ddanfon neges destun at 'SHOUT' i 85258 bydd y person yn cael ei gysylltu â Gwirfoddolwr Argyfwng. Yna bydd y Gwirfoddolwr yn defnyddio technegau hyfforddedig trwy destun i helpu'r person.

Mae'r gwasanaeth wedi'i gynllunio i helpu unigolion i feddwl yn gliriach ac i gymryd y camau nesaf i deimlo'n well.

Maent yn brofiadol mewn meysydd fel Meddyliau Hunanladdol, Cam-driniaeth neu Ymosodiad, Hunan-niweidio, Bwlio a Heriau mewn Perthynas.

Saesneg / English

Mewn argyfwng? Poeni? O dan Straen?

Mynnwch help 24/7 wrth ein tîm argyfwng trwy anfon y neges destun 'Shout' i 85258

In a crisis? Worried? Stressed?

Get help 24/7 from our crisis team by texting 'Shout' to 85258



Shout is a 24/7 crisis text service that is available for people who feel they need IMMEDIATE support.

By texting 'SHOUT' to 85258 a texter will be in touch with a Friend Crisis Volunteer. The Volunteer will then use trained techniques via text to help the texter.

The service is designed to help individuals think more clearly and to take the next steps to feeling better.

Mae'r gwasanaeth hefyd yn darparu strategaethau ymdopi syml tra'ch bod chi'n aros am ymateb, ewch i'r wefan:

<https://www.giveusashout.org/get-help/>

The service also provides simple coping strategies whilst you are waiting for a response, please visit the website:

<https://www.giveusashout.org/get-help/>



Gwasanaeth 24/7 ar gael, 7 diwrnod yr wythnos a 365 diwrnod o'r flwyddyn. Mae'n cynnig cefnogaeth emosiynol a gwybodaeth / llenyddiaeth ar lechyd Meddwl a materion cysylltiedig ar gyfer pobl Cymru.

Gall unrhyw un sy'n poeni am ei iechyd meddwl ei hunan, perthynas neu ffrind gael mynediad i'r gwasanaeth. Mae Llinell Gymorth C.A.L.L yn cynnig gwasanaeth gwrando a chefnogi cyfrinachol.

24/7 Service available, 7 days a week & 365 days of the year.

Offers emotional support and information/literature on Mental Health and related matters to the people of Wales.

Anyone concerned about their own mental health or that of a relative or friend can access the service. C.A.L.L Helpline offers a confidential listening and support service.

Saesneg / English

Galwad am ddim / Freephone: 0800 132 737

Testun / Text: 81066

Gwefan / Website: <http://www.callhelpline.org.uk/Default.asp>

Gallwch hefyd chwilio'r gronfa ddata arlein, sydd ar gael ar y wefan, ac sydd yn cynnwys 1500 o asiantaethau, lle gallwch ddod o hyd i wasanaeth sy'n berthnasol i'ch anghenion.

You can also search the online database of 1500 agencies, available on the website, to find a service relevant to your needs



Ar gyfer dynion ifanc yn bennaf / Primarily for young men

Mae'r ymgyrch 'Campaign Against Living Miserably' (CALM) yn elusen gofrestredig. Mae'n llinell gymorth gyfrinachol, anhysbys ac am ddim yn ogystal â gwasanaeth gwe-gamera, sy'n cynnig help, cyngor a gwybodaeth i unrhyw un sy'n ei chael hi'n anodd mewn argyfwng.

Yn arbenigo mewn Atal Hunanladdiad.

Mae'r gwasanaeth ar gael rhwng 5yp a 12 hanner nos, 365 diwrnod o'r flwyddyn

The Campaign Against Living Miserably (CALM) is a registered charity. It's a free, confidential & anonymous helpline as well as a webcam service, offering help, advice & information to anyone who is struggling in a crisis.

Specialises in Suicide Prevention.

The service is available from 5pm-12pm, 365 days a year.

Saesneg / English

<https://www.thecalmzone.net/help/get-help/>

Foniwch y linell gymorth CALM / Call the CALM helpline: 0800 585 858

Gallwch hefyd archwilio sefydliadau pellach ar y wefan /

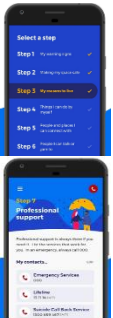
You can also explore further organisations on the website:

<https://www.thecalmzone.net/help/help-near-you/>

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Iechyd Meddwl ac Emosiynol / Mental & Emotional Health	Mynediad i'r Llinell Gymorth / Access to the Support Line
Datblygwyd y wefan hon i ddarparu gwybodaeth am y gwasanaeth cymorth iechyd meddwl sylfaenol lleol (LPMHSS) yn Sir Gaerfyrddin, Ceredigion a Sir Benfro. Ei nod yw darparu adnoddau a gwybodaeth ar-lein hawdd eu cyrraedd ar faterion iechyd meddwl er mwyn galluogi mynediad i hunangymorth a gwybod ble i gael gafael ar gymorth pellach pe bai ei angen. This website has been developed to provide information on the local primary mental health support service (LPMHSS) in Carmarthenshire, Ceredigion and Pembrokeshire. It aims to provide easily accessible online resources and information on mental health issues to enable people to self-help and know where to access further support should they need it.	Dwyieithog / Bilingual Cymraeg / Welsh: http://www.iawn.wales.nhs.uk/home Saesneg / English http://www.iawn.wales.nhs.uk/home Cymraeg / Welsh: http://www.iawn.wales.nhs.uk/cymorth-ar-gyfer-plant-a-phobl-ifanc Saesneg / English http://www.iawn.wales.nhs.uk/support-for-children-and-young-people
Rydym yn gweithio gyda phobl ifanc a theuluoedd, gan ddarparu ymyrraeth gynnar, gwasanaethau cymorth ac arbenigol wedi'u targedu at rheini sydd mewn argyfwng, sy'n gadael gofal, ar goll o'r cartref, sy'n camddefnyddio sylweddau neu sydd â phroblemau iechyd meddwl. Rydym yn helpu unigolion o bob oed a chymuned i adeiladu gwytnwch a dyhead ledled y DU We work with young people and families, providing early intervention, targeted and specialist support services to those in crisis, leaving care, missing from home or with substance misuse or mental health problems. We help individuals of all ages & communities build resilience & aspiration across the UK.	Saesneg / English https://www.catch-22.org.uk/about/ https://www.catch-22.org.uk/expertise/young-people-and-families/
Mae SupportLine yn darparu llinell gymorth gyfrinachol dros y ffôn sy'n cynnig cefnogaeth emosiynol i unrhyw unigolyn ar unrhyw fater. Gwasanaeth ataliol yn bennaf yw'r Llinell Gymorth a'i nod yw cefnogi pobl cyn iddynt gyrraedd y pwynt argyfwng. Mae wedi'i anelu'n arbennig at y rheini sydd wedi'u hynysu'n gymdeithasol, yn agored i niwed, mewn grwpiau risg ac yn ddioddefwyr unrhyw fath o gamdrin. Mae SupportLine yn aelod o'r Gymdeithas Helplines. Mae SupportLine hefyd yn darparu cefnogaeth trwy e-bost a phost. SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse. SupportLine is a member of the Helplines Association. SupportLine also provides support by email and post.	Saesneg / English https://www.supportline.org.uk/about/about-supportline/ https://www.supportline.org.uk/problems/ Llinell gymorth / Helpline: 01708 765200 E-bost / E-mail: info@supportline.org.uk

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Iechyd Meddwl ac Emosiynol / Mental & Emotional Health	Mynediad i'r Llinell Gymorth / Access to the Support Line
Ar 'healthtalk.org' gallwch ddarganfod sut brofiad yw byw gyda chyflwr iechyd, trwy wyllo pobl eraill yn rhannu eu straeon. Mae ein hiechyd yn effeithio ar bob agwedd o'n bywydau. Mae'r wefan hon yn helpu i'ch paratoi ar gyfer yr hyn sydd o'ch blaen, y tu hwnt i'r symptomau a'r triniaethau. Mae Healthtalk.org yn cynnwys cannoedd o straeon pobl go iawn. Cesglir y straeon hyn gan ymchwilyr academaidd sy'n cyfweld pobl yn eu cartrefi eu hunain, gan ddefnyddio eu geiriau eu hunain. On 'healthtalk.org' you can find out about what it's like to live with a health condition, by watching other people share their stories. Our health affects every aspect of our lives. This website helps to prepare you for what's ahead, beyond the symptoms and treatments. Healthtalk.org contains hundreds of real people's stories. These stories are collected by academic researchers who interview people in their own homes, using their own words.	<i>Saesneg / English</i> https://www.healthtalk.org/ https://www.healthtalk.org/a-z Mae'n bwysig nodi nad yw'r wefan gymorth hon yn cynnig cefnogaeth trwy e-bost, ffôn neu sgwrs ar-lein. It is important to note that this support website does not offer support via e-mail, phone or on-line chat.
Cyfnod Allweddol 3 / Key Stage 3 Mae Action for Children yn cynnig arweiniad, syniadau cymorth ymarferol ac emosiynol i blant a phobl ifanc fel gweithgareddau ysgrifennu a phecynnau cymorth. Mae cefnogaeth hefyd ar gael i'r teulu cyfan. Action for Children offers guidance, practical and emotional support ideas for children & young people such as writing activities & toolkits. Support is also available for the whole family.	<i>Dwylieithog / Bilingual</i> http://13.79.170.12/what-we-do/children-young-people/ http://13.79.170.12/what-we-do/children-young-people/mental-health/ Gweithgareddau ysgrifennu a gall hyrwyddo iechyd meddwl/Writing activities to facilitate mental health: <i>Cymraeg / Welsh</i> http://13.79.170.12/what-we-do/children-young-people/mental-health/cant-talk-write/ <i>Saesneg / English:</i> http://13.79.170.12/media/12797/1079_cant-talk-write-toolkits_young-persons.pdf

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Hunan-niweidio / Self-harm Meddyliau hunanladdol / Suicidal thoughts	Mynediad i'r Llinell Gymorth / Access to the Support Line
Addas ar gyfer pobl ifanc rhwng 13-20 mlwydd oed / Suitable for young people between 13-20 years old. Mae No Panic yn elusen gofrestredig sy'n helpu pobl sy'n dioddef o Panic Attacks, Phobias, Anhwylderau Gorfodol Obsesiynol ac anhwylderau pryder cysylltiedig eraill. Mae 'No Panic' hefyd yn darparu cefnogaeth i ofalwyr pobl sy'n dioddef o anhwylderau pryder. Mae gan y wefan hon adran yn benodol ar gyfer pobl ifanc o'r enw'r Hwb Ieuenctid sy'n darparu gwybodaeth ynghylch pryder a phwysau arholiadau. 'No Panic' is a registered charity which helps & supports people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. 'No Panic' also provides support for the carers of people who suffer from anxiety disorders. This website also has a section specifically for young people called the Youth Hub which provides information regarding and support regarding anxiety and exam pressure.	Saesneg / English https://nopanic.org.uk/panic-attack/ https://nopanic.org.uk/youth-hub/ https://nopanic.org.uk/youth-helpline-services/ https://nopanic.org.uk/exams-and-anxiety-2/ Llinell Gymorth Ieuenctid / Youth Helpline: 0330 606 11 74. Ar gael ar Dydd Llun, Mawrth a Mercher rhwng 3yp-6yp. Dydd Iau rhwng 3-8yp a Dydd Sadwrn rhwng 6-8yp. Available on Mondays, Tuesdays & Wednesdays 3-6pm Thursdays between 3-8pm and on Saturdays between 6-8pm.
Better Stop Suicide PEGI 3 – Addas ar gyfer plant, harddegwyr ac oedolion Suitable for Children, teenagers and adults. Mae hwn yn ap rhad ac am ddim sy'n defnyddio technegau a thechnoleg seicolegol sy'n arwain y byd i atal pobl rhag cyflawni hunanladdiad. Mae'r nodweddion allweddol yn cynnwys ffeiliau sain tawelu, cysylltiadau ffôn allweddol, tasgau defnyddiol i deimlo'n well a fydd yn gwella eich cwsig yn ogystal â gwiriad 'cyflym' ar anghenion emosiynol This is a free app using world-leading psychological techniques and technology to stop people from committing suicide. Key features include calming audio files, key phone contacts, emotional needs 'quick' checklist and a helpful task to feel better which will improve your sleep.	Saesneg / English https://apps.apple.com/gb/app/better-stop-suicide/id1451620546 Addas ar gyfer plant 4 oed a hŷn Suitable for children aged 4 and older Bydd hyd at 6 aelod o'r teulu yn gallu defnyddio'r ap hwn pan fydd yr opsiwn 'Family Sharing' wedi'i alluogi. Up to 6 family members will be able to use this app when 'Family Sharing' is enabled

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Hunan-niweidio / Self-harm Teimladau o hunanladdiad / Suicidal thoughts	Mynediad i'r Llinell Gymorth / Access to the Support Line
Beyond Now Addas ar gyfer disgyblion 12oed a hŷn / Suitable for pupils 12 years & older  Ap cyfleus a chyfrinachol sy'n helpu unigolion i greu cynllun diogelwch i'w galluogi i ymdopi wrth deimlo'n annïogel ac yn hunanladdol. Mae'r cynllun yn cynnwys strategaethau y gellir eu defnyddio er mwyn cadw'n ddiogel yn unrhyw le, unrhyw bryd. Gellir golygu cynlluniau diogelwch hefyd yn ôl yr angen. Ymhlith y nodweddion allweddol mae: Creu rhestr o gysylltiadau allweddol brys, amgylcheddau diogel a strategaethau ar sut i gadw'n ddiogel. Mae'n bwysig nodi na fwriadwyd i'r ap hwn fod yr unig fath o gefnogaeth. Dylai unigolion hefyd ofyn am gymorth gan weithiwr iechyd proffesiynol. A convenient & confidential app that helps individuals to create a safety plan to enable them to cope when feeling unsafe and suicidal. The plan includes strategies that can be employed in order to keep safe anywhere, anytime. Safety plans can also be edited as and when needed. Key features include: Creating a list of emergency key contacts, safe environments and strategies on how to stay safe. It's important to note that this app is not intended to be the only form of support. Individuals should also seek help from a health professional.	Saesneg / English https://apps.apple.com/au/app/beyondnow-suicide-safety-plan/id1059270058 Bydd hyd at 6 aelod o'r teulu yn gallu defnyddio'r ap hwn pan fydd yr opsiwn 'Family Sharing' wedi'i alluogi. Up to 6 family members will be able to use this app when 'Family Sharing' is enabled Yn cyd-fynd ag iphone, ipad ac ipod Compatible with i-phone, i-pad and ipod-touch.  Dim ond ar gael o'r Appstore / Only available from the App store
 (Addas ar gyfer Harddegwyr/ Suitable for Teenagers) Ap am ddim yw 'Calm Harm' sy'n helpu pobl ifanc i wrthsefyll neu reoli'r ysa i hunan-niweidio. Mae'n defnyddio strategaethau i helpu defnyddwyr i ddysgu adnabod a rheoli eu meddyliau emosiynol, rheoli ysgogiad, hunanreoleiddio ac olrhain sbardunau gwaelodol i ysa niweidio. Calm Harm is a free App which helps young people resist or manage the urge to self-harm. It uses strategies to help users learn to identify & manage their emotional mind, control impulse, self-regulate & track underlying triggers to harmful urges. Ap sydd wedi ennill gwobr / Award winning App	Saesneg / English https://calmharm.co.uk/ Dadlwythwch ap Calm Harm am ddim o'r App store a Google play. Download the Calm Harm app for Free from the App store and Google play.
 Sefydliad gwirfoddol cenedlaethol yw Harmless sy'n darparu cefnogaeth a gwybodaeth i bobl sy'n hunan-niweidio, eu ffrindiau, eu teuluoedd a'u gweithwyr proffesiynol. Mae gan y wefan adran benodol ar gyfer pobl ifanc sy'n darparu strategaethau hunangymorth ac opsiynau triniaeth. Mae'r sefydliad yn darparu gwasanaeth cymorth cyfrinachol trwy e-bost neu'r post ac mae hefyd yn cyfeirio unigolion at sefydliadau defnyddiol eraill trwy'r wefan. Harmless is a national voluntary organisation which provides support and information for people who self-harm, their friends, families and professionals. Its website has a specific section for young people which provides self-help strategies and treatment options. The organisation provides a confidential support service via e-mail or post and also signposts individuals to other helpful organisations via its website.	Saesneg / English http://www.harmless.org.uk/whoWeSupport/youngPeople E-bost / E-mail: infor@harmless.org.uk Tudalen Facebook Page: https://www.facebook.com/HarmlessUK/

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Hunan-niweidio / Self-harm Teimladau o hunanladdiad / Suicidal thoughts	Mynediad i'r Llinell Gymorth / Access to the Support Line
 Mae'r sefydliad dielw hwn yn darparu ffyrdd cadarnhaol a chreadigol o ddelio â dyddiau gwael. Rhennir straeon personol er mwyn ysbrydoli unigolion i roi cynnig ar wahanol ddulliau ymdopi yn ogystal â darparu cefnogaeth, cyngor ac anogaeth. Mae'r sefydliad hefyd yn cynnig rhestr o sefydliadau ac apiau defnyddiol eraill y gellir eu defnyddio. This non-profit organisation provides positive & creative ways of dealing with bad days. Personal stories are shared in order to inspire individuals to try different coping methods in addition to providing support, encouragement & advice. The organisation also provides a list of other helpful organisations and apps that can be used.	<i>Saesneg / English</i> https://hatw.co.uk/helplines/#helpline-title https://hatw.co.uk/things-to-try/ https://hatw.co.uk/straight-up-advice/
 Prif nod y sefydliad hwn yw Cefnogi, Cyfarparu a Dylanwadu ar bobl ifanc, eu teuluoedd a'u cymunedau ynghylch sgiliau Atal Hunanladdiad. Mae'n darparu cefnogaeth a chyngor i bobl ifanc sydd â meddyliau am hunanladdiad a thrwy ei linell gymorth, HOPELINEUK, mae'n cyfeirio at fathau eraill o gymorth fel apiau llesiant a chynlluniau diogelwch. The main aim of this organisation is to Support, Equip and Influence young people, their families and communities regarding Suicide Prevention skills. It provides support and advice to young people with thoughts of suicide and through its helpline – HOPELINEUK and signpost them to other forms of help such as well-being apps and safety plans.	<i>Saesneg / English</i> https://papyrus-uk.org/ https://papyrus-uk.org/help-advice-2/ HOPELINWUK: 0800 068 41 41
 Mae'r sefydliad DPJ yn un sy'n cefnogi'r rhai sydd yn gweithio mewn amaethyddiaeth â phroblemau iechyd meddwl. Mae'r sefydliad yn darparu cwnsela ag ariennir yn llawn ac yn darparu hyfforddiant ymwybyddiaeth iechyd meddwl. The DPJ foundation supports those who work in agriculture with mental health problems. We provide fully funded counselling and provide Mental health awareness training.	Ar hyn o bryd mae Sefydliad DPJ yn creu gwefan newydd, felly i gael mynediad at wybodaeth a chefnogaeth ewch i'w Tudalen Facebook: The DPJ Foundation are currently creating a new website, therefore, to access information and support visit its Facebook Page: https://www.facebook.com/thedpjfoundation/ Ffôn / Phone: 0800 587 4262 E-bost / E-mail: emma@thedpjfoundation.co.uk

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Profedigaeth / Bereavement	Mynediad i'r Llinell Gymorth / Access to the Support Line
Gêm yw 'Apart of Me' yn darparu lle diogel i bobl ifanc alaru, lle gallant glywed gan eraill sy'n gwybod sut mae'n teimlo ac yn dod o hyd i gryfder a doethineb. Profiad unigryw sy'n siarad eu hiaith, pryd bynnag y mae ei angen arnynt, mewn fformat y maent yn ei ddeall, wedi'i gynllunio'n benodol ar eu cyfer. Fe'i cynlluniwyd ar gyfer pobl ifanc 11 oed a hŷn sydd wedi colli rhiant neu berthynas agos arall, hefyd y rhai sydd â rhywun pwysig yn eu bywyd â salwch angheuol. 'Apart of Me' is a game that provides young people with a safe space to grieve, where they can hear from others who know how it feels and find strength and wisdom. A unique experience that talks their language, whenever they need, in a format they understand, designed specifically for them. It has been designed for young people 11 years and older who have lost a parent or other close relative, also those who have someone important in their life with a terminal illness.	<i>Saesneg/ English</i> https://apartofme.app/about/ Mae 'Apart of Me' bellach ar gael am ddim yn y Deyrnas Unedig o'r iOS App Store ac ar Google Play. 'Apart of Me' is now freely available in the UK from both the iOS App Store and on Google Play.
Mae Cruse Bereavement Care yn elusen genedlaethol arweiniol. Ei genhadaeth yw cynnig cefnogaeth, cyngor a gwybodaeth i blant, pobl ifanc ac oedolion pan fydd rhywun yn marw a gwella gofal cymdeithas o bobl mewn profedigaeth. Cruse bereavement Care is a lead national charity. Its mission is to offer support, advice and information to children, young people and adults when someone dies and to enhance society's care of bereaved people.	<i>Saesneg / English</i> https://www.cruse.org.uk/get-help/about-grief https://www.cruse.org.uk/about-cruse Llinell Gymorth / Helpline: 0808 8081677
Mae 'Grief Encounter' yn darparu gwasanaeth mewn profedigaeth am ddim i blant a'u teuluoedd i helpu i leddfu'r boen ag achosir gan farwolaeth un agos. Mae'n darparu mynediad at adnoddau a gall helpu'r rhai sy'n galaru i gyfleu eu teimladau a sut maen nhw'n ymdopi. Grief encounter provides a free bereaved service for children and their families to help alleviate the pain caused by the death of a close one. Provides access to resources that can help those who are grieving to communicate their feelings and how they're coping.	<i>Saesneg / English</i> https://www.griefencounter.org.uk/ https://www.griefencounter.org.uk/child-bereavement-support/ https://www.griefencounter.org.uk/young-people/ Gwasanaeth sgwrsio ar-lein un i un ar gael One to one on-line chat service available Llinell gymorth / Helpline: 0808 802 0111 9yb-9yh – Dydd Llun i Dydd Gwener 9am-9pm – Monday to Friday

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Profedigaeth / Bereavement	Mynediad i'r Llinell Gymorth / Access to the Support Line
 Mae Hope Again yn rhan o wefan Cruse Bereavement Care ar gyfer pobl ifanc. Mae Cruse yn elusen genedlaethol sy'n darparu cefnogaeth, cyngor a gwybodaeth i blant, pobl ifanc ac oedolion pan fydd rhywun sy'n agos atynt yn marw. Mae'n darparu mynediad i straeon personol eraill, adnoddau clip fideo a blog. Hope Again is Cruse Bereavement Care's website for young people. Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies. It provides access to the personal stories of others, video clip resources and a blog.	Dwyieithog/ Bilingual https://cy.hopeagain.org.uk/ https://www.hopeagain.org.uk/
 Mae 'Winston's Wish' yn darparu cefnogaeth therapiwtig i blant a phobl ifanc mewn profedigaeth trwy ddulliau ffôn, e-byst ac wyneb yn wyneb ynghyd ag adnoddau fideo ar-lein. Winston's Wish provides therapeutic support to bereaved children & young people by phone, e-mail and face to face methods along with online video resources.	Saesneg / English https://www.winstonswish.org/supporting-you/ Llinell Gymorth / Free helpline: 08088 020 021² Email / E-bost: ask@winstonswish.org Mae'r gwasanaethau sgwrsio ar-lein, cefnogaeth wyneb yn wyneb a gwasanaethau negesydd ar-lein ar gael hefyd. Online chat, face to face support and online messenger services available.

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Unigolion LHDT+C / LGTB+Q individuals	Mynediad i'r Llinell Gymorth / Access to the Support Line
Mae 'Mermaids' yn cefnogi plant a phobl ifanc amrywiol eu rhyw tan eu pen-blwydd yn 20 oed yn ogystal â'u teuluoedd. Mae'r sefydliad yn helpu pobl ifanc i ymdopi'n well â'r trallod meddyliol ac emosiynol, gwella eu hunan-barch a'u sgiliau cymdeithasol. Mae'n darparu cefnogaeth trwy gymunedau diogel ar-lein a grwpiau cymunedol lleol, gwasanaeth llinell gymorth ac adnoddau gwe. Mermaids supports gender diverse children & young people until their 20th birthday as well as their families. The organisation helps young people cope better with the mental & emotional distress, improve their self-esteem and social skills. It provides support via secure online communities and local community groups, helpline.	<i>Saesneg / English</i> https://mermaidsuk.org.uk/about-us/ https://mermaidsuk.org.uk/young-people/
Mae Stonewall Cymru'n darparu gwybodaeth a chefnogaeth i gymunedau LHDT + C ac mae ganddo adran ar ei wefan sy'n benodol i bobl ifanc. Ceir gwybodaeth ar 'Dod Allan', Trawsnewid a Throsineb Casineb. Stonewall Cymru Provides information & support for LGBT+Q communities and has a section on its website specific to young people. Information regarding 'Coming Out', Transitioning and Hate crime is shared on the website.	<i>Dwyieithog / Bilingual</i> https://www.stonewallcymru.org.uk/ https://www.stonewallcymru.org.uk/about-us-wales https://www.youngstonewall.org.uk/ Cysylltwch â'r Gwasanaeth Gwybodaeth ar: Rhadffon: 0800 50 20 20. Llinellau ar agor rhwng 9.30yb – 4:30yp, Dydd Llun i Ddydd Gwener. Contact the Information & Support service on: Freephone: 0800 50 20 20. Lines are open from 9:30am-4:30pm from Monday to Friday.

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils**Mynediad i'r Llinell Gymorth / Access to the Support Line****Anhwylderau Bwyta / Eating disorders****Addas ar gyfer Haddegwyr / Suitable for Teenagers**

Mae stem4 yn elusen sy'n hybu iechyd meddwl cadarnhaol ymhlith pobl ifanc yn eu harddegau a'r rhai sy'n eu cefnogi gan gynnwys eu teuluoedd a'u gofalwyr a gweithwyr addysg broffesiynol. Darperir hyn yn ddigidol yn bennaf trwy ei rhaglen addysg arloesol, apiau iechyd meddwl arloesol, gwefan â gwybodaeth glinigol a chynadleddau iechyd meddwl sy'n cyfrannu at helpu pobl ifanc a'r rhai o'u cwmpas i ffynnu. Mae'r wefan yn cynnwys adran yn benodol ar anhwylderau bwyta sy'n darparu gwybodaeth am anhwylderau bwyta a chefnogaeth i'r rhai sydd mewn angen.

stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers & education professionals. This is primarily provided digitally through its innovative education programme, pioneering mental health apps, clinically-informed website and mental health conferences that contribute to helping young people and those around them flourish. The website includes a section specifically on eating disorders.

Saesneg / English

https://stem4.org.uk/eating-disorders/?gclid=EA1alQobChMI0OW4xoLU6QIVibPtCh2U0AD3EAAAYASAAEgKppfD_BwE



Elusen anhwylder bwyta'r DU ydy BEAT. Elusen genedlaethol ar gyfer pobl ag anhwylderau bwyta sy'n bodoli i roi diwedd ar y boen a'r dioddefaint ag achosir gan anhwylderau bwyta. Maent yn hyrwyddwr, tywysydd a ffrind i unrhyw un yr effeithir arno, gan roi cyfle i unigolion sy'n profi anhwylder bwyta a'u hanwyliaid i deimlo bod rhywun yn gwrando arnynt, eu bod yn cael cefnogaeth a'u bod yn cael eu grymuso. Mae'n cynnwys gwybodaeth, cefnogaeth ac adnoddau. Mae gwasanaethau cymorth yn cynnwys grwpiau cymorth a llinell ffon.

Beat is the UK's eating disorder charity. A national charity for people with eating disorders which exists to end the pain and suffering caused by eating disorders. We are a champion, guide and friend to anyone affected, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered. Includes information, support and resources.

Support services include one to one chat support, phonenumber and support groups.

Saesneg / English

<https://www.beateatingdisorders.org.uk/>

Gwasanaeth sgwrsio Un i Un ar gael / One to One chat service available
<https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one>

Llinell ieuenctid / Youthline: 0808 801 0711

Llinell gymorth / Helpline: 0808 801 0677

Tudalen Facebook Page

<https://www.facebook.com/beat.eating.disorders/>

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Caethiwed / Addiction	Mynediad i'r Llinell Gymorth / Access to the Support Line
Sefydliad yw 'Al-Anon' sydd yn darparu cefnogaeth i unrhyw un lle y mae yfed rhywun arall yn ac wedi effeithio arnynt. O ganlyniad i COVID-19, nid yw cyfarfodydd cymorth wyneb yn wyneb yn cael eu cynnal mwyach, fodd bynnag, mae cyfarfodydd ar-lein yn parhau i ddigwydd. Gellir darparu cefnogaeth hefyd trwy e-bost a ffôn. Ewch i'r wefan i gael mwy o wybodaeth. Al-Anon is an organisation that will provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. As a result of COVID-19, face to face support meetings are no longer being held, however, online meetings continue to take place. Support can also be provided via e-mail and phone. Please visit the website for further information.	<i>Saesneg / English</i> https://www.al-anonuk.org.uk/ https://www.al-anonuk.org.uk/who-is-it-for/ https://www.al-anonuk.org.uk/helpline/ https://www.al-anonuk.org.uk/getting-help/ helpline@al-anonuk.org.uk Llinell Gymorth / Helpline: 0800 00 86 811 Ar gael rhwng 10yb-10yh pob dydd / Available from 10am-10pm every day
Mae FRANK yn wasanaeth Cyngori Gwrthgyffuriau Cenedlaethol a sefydlwyd ar y cyd gan Swyddfa Adran Iechyd Llywodraeth Prydain 2003. Ei fwriad yw lleihau'r defnydd o gyffuriau cyfreithiol ac anghyfreithlon trwy addysgu pobl ifanc yn eu harddegau a'r glasoed am effeithiau posibl cyffuriau. Bydd FRANK yn darparu gwybodaeth onest. Os ydych chi'n poeni amdanoch chi'ch hun, ffrind neu berthynas a allai fod yn defnyddio cyffuriau, ewch i wefan FRANK i gael help, gwybodaeth a chefnogaeth. Darperir cefnogaeth hefyd trwy e-bost, ffôn a thestun. FRANK is a National Anti-Drug Advisory Service jointly established by the Department of Health Office of the British Government 2003. Its intention is to reduce the use of legal & illegal drugs by educating teenagers & adolescents about the potential effects of drugs. FRANK will provide honest information. If you are worried about yourself, a friend or relative that may be using drugs, visit the FRANK website for help, information and support. Support is also provided via e-mail, phone and text.	<i>Saesneg / English</i> https://www.talktofrank.com/ https://www.talktofrank.com/contact Llinell Gymorth Am Ddim / Free Helpline: 0300 123 6600 Tecst / Text: 82111 E-bost: Ewch i'r wefan er mwyn cysylltu trwy e-bost E-mail – Visit the website to make contact via e-mail.

Llinellau Cymorth ar gyfer disgyblion CA3 a 4 / Support Lines for KS3 & 4 pupils Caethiwed / Addiction	Mynediad i'r Llinell Gymorth / Access to the Support Line
Mae'r Gymdeithas Genedlaethol ar gyfer plant Alcoholigion yn elusen gofrestredig gyda'r nod o fynd i'r afael ag anghenion Plant sy'n cael eu magu mewn teuluoedd lle mae 1 neu'r ddau riant yn dioddef o alcoholiaeth. Mae hyn yn cynnwys plant o BOB oed. Mae'r elusen yn cynnig gwybodaeth, cyngor a chefnogaeth mewn sawl ffordd. Mae hefyd yn darparu llwyfan gwranddo anfeirniadol lle gall unigolion rannu eu pryderon mewn man diogel a chyfrinachol. Mae gan y wefan faes penodol ar gyfer pobl ifanc yn eu harddegau The National Association for Children of Alcoholics is a registered charity with the aim of addressing the needs of Children growing up in families where 1 or both parents suffer from alcoholism. This includes Children of ALL ages. The charity offers information, advice and support in various ways. It also provides a non-judgemental listening platform where individuals can share their worries in a safe and confidential space. The website has a specific section for Teenagers.	Saesneg / English https://www.nacoe.org.uk/ https://www.nacoe.org.uk/young-people.html Llinell Gymorth Am Ddim / Free Helpline: 0800 358 3456 E-bost / E-mail: helpline@Nacoe.org.uk Gwasanaeth 'bwrdd negeseuon' hefyd ar gael. 'Message board' service also available.
Mae DAN 24/7 yn llinell gymorth ffôn am ddim a dwyieithog sy'n darparu un pwynt cyswllt i unrhyw un yng Nghymru sydd eisiau gwybodaeth bellach a / neu help yn ymwneud â chyffuriau a / neu alcohol. Mae'r gwasanaeth ar gael 24 awr y dydd, 7 diwrnod yr wythnos, 365 diwrnod y flwyddyn. Bydd y llinell gymorth yn cynorthwyo unigolion, eu teuluoedd, gofalwyr, a gweithwyr cymorth yn y maes cyffuriau ac alcohol i gael mynediad at wasanaethau lleol a rhanbarthol priodol. DAN 24/7 is a free and bilingual telephone helpline providing a single point of contact for anyone in Wales wanting further information and / or help relating to drugs and / or alcohol. The service is available 24 hours a day, 7 days a week, 365 days a year. The helpline will assist individuals, their families, carers, and support workers within the drug and alcohol field to access appropriate local and regional services.	Dwyieithog / Bilingual http://dan247.org.uk/ http://dan247.org.uk/Services_Drugs_Alcohol.asp Llinell Gymorth Am Ddim / Free Helpline: 0800 808 2234 Tecstiwch DAN i 81066 / Text DAN to 81066

Apiau Hunan Gofal / Self Care Apps Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys /Apps are not a substitute for a qualified counsellor or therapist Disgyblion CA3 a CA4 / KS3 & KS4 aged Pupils		Mynediad i'r Ap Access to the App
 (Addas ar gyfer Harddegwyr/ Suitable for Teenagers) Mae 'Clear Fear' yn ap a ddatblygwyd ar gyfer elusen iechyd meddwl pobl yn eu harddegau stem4 gan Dr Nihara Krause, Seicolegydd Clinigol Ymgynghorol, ac mae'n defnyddio'r driniaeth ThYG(CBT) ar sail tystiolaeth i ganolbwyntio ar ddysgu i leihau'r ymatebion corfforol i fygythiad trwy ddysgu anadlu, ymlacio a bod yn ystyriol yn ogystal â newid meddyliau ac ymddygiadau a rhyddhau emosiynau. Gallwch bersonoli'r ap os dymunwch a byddwch yn gallu olrhain eich cynnydd a sylwi ar newid. Sylwch fod yr ap yn gymorth wrth drin ond nid yw'n ei ddisodli. Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change. Please note the app is an aid in treatment but does not replace it.		Saesneg / English https://www.clearfear.co.uk/
 (Addas ar gyfer Harddegwyr/ Suitable for Teenagers) Ap am ddim yw 'Calm Harm' sy'n helpu pobl ifanc i wrthsefyll neu reoli'r ysfâ i hunan-niweidio. Mae'n defnyddio strategaethau i helpu defnyddwyr i ddysgu adnabod a rheoli eu meddwl emosiynol, rheoli ysgogiad, hunanreoleiddio ac olrhain sbardunau sylfaenol i ysfâ niweidio. Calm Harm is a free App which helps young people resist or manage the urge to self-harm. It uses strategies to help users learn to identify & manage their emotional mind, control impulse, self-regulate & track underlying triggers to harmful urges.		Saesneg / English https://calmharm.co.uk/

Apiau Hunan Gofal / Self Care Apps

Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys / Apps are not a substitute for a qualified counsellor or therapist

Disgyblion CA3 a CA4 / KS3 & KS4 aged Pupils



Yn addas i blant ac oedolion / suitable for Children & adults

Dysgu ymlacio, rheoli eich pryderon a gwella'ch lles gyda Chill Panda. Mae'r ap yn mesur cyfradd curiad eich calon ac yn awgrymu tasgau sy'n addas i'ch cyflwr meddwl. Mae'r tasgau'n cynnwys technegau anadlu syml ac ymarferion ysgafn i dynnu'ch meddwl oddi ar eich pryderon.

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

Saesneg / English

<https://www.nhs.uk/apps-library/chill-panda/>

Mae Chill Panda yn rhad ac am ddim i'w lawr-lwytho o'r App Store a Google Play. Mae'r ap yn gweithio gyda dyfeisiau symudol sydd â chamera

Chill Panda is free to download from the App Store and Google Play. The app works with mobile devices that have a camera.



Nod ap 'WorryTree' yw eich helpu chi i reoli pryder ble bynnag yr ydych.

Gallwch ddefnyddio'r app i recordio beth bynnag rydych chi'n poeni amdano. Mae'n defnyddio technegau therapi ymddygiad gwybyddol (CBT) i'ch helpu chi i sylwi a herio'ch pryderon. Gall hefyd eich helpu i greu cynllun gweithredu ar gyfer rheoli pryderon.

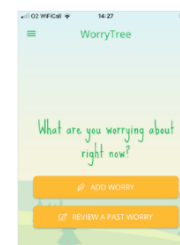
I gael rhagor o wybodaeth, ewch i'r adran 'App-Library' ar wefan GIG

The WorryTree app aims to help you take control of worry wherever you are. You can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries. It can also help you create an action plan for managing worry.

For further information please visit the App-library section on the NHS website.

Saesneg / English

<https://www.nhs.uk/apps-library/worrytree/>



Addas ar gyfer disgyblion CA4 – Suitable for KS4 pupils

Mae SAM yn gymhwysiad symudol sy'n galluogi monitro a rheoli pryder personol.

Bydd yr ap yn caniatáu i'r defnyddiwr i fonitro eu lefelau pryder a delweddu eu proffil pryder dros amser, darganfod a chymhwyso technegau hunangymorth gan gynnwys gemau amlgyfrwng, rhannu cyngor a graddfeydd diennw gyda'r gymuned ddefnyddwyr (y "cwmwl cymdeithasol").

SAM is a mobile application that enables personalised anxiety monitoring and management. The app will allow the user to monitor their anxiety levels and visualise their anxiety profile over time, discover and apply self-help techniques including multimedia and mini games, share anonymous advice and ratings with the user community (the "social cloud").

Saesneg / English

<https://sam-app.org.uk/>

<https://www1.uwe.ac.uk/et/csct/research/samanxietymanagementmobile.aspx>



Apiau Hunan Gofal / Self Care Apps

Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys / Apps are not a substitute for a qualified counsellor or therapist

Disgyblion CA3 a CA4 / KS3 & KS4 aged Pupils

Mynediad i'r Ap Access to the App



Yn addas i ddysgwyr 16 mlwydd oed a hŷn / Appropriate for learners 16 years and older
Mae Big White Wall yn gymuned ar-lein ar gyfer pobl sydd dan straen, yn bryderus neu'n teimlo'n isel. Mae gan y gwasanaeth fforwm gweithredol gyda chefnogaeth rownd y cloc gan weithwyr proffesiynol hyfforddedig. Gallwch siarad yn ddienw ag aelodau eraill a chymryd rhan mewn therapi grŵp neu un i un gyda therapyddion.

Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists

Saesneg / English

<https://www.nhs.uk/apps-library/big-white-wall/>

Rhowch eich cod post ar dudalen arwyddo'r Big White Wall i weld a allwch chi ymuno â'r gwasanaeth am ddim neu a oes angen atgyfeiriad arnoch gan eich meddyg teulu.

Enter your postcode on the [Big White Wall's sign-up page](#) to see if you can join the service for free or if you need a referral from your GP.



Mae Blueice yn ap sy'n seiliedig ar dystiolaeth i helpu pobl ifanc i reoli eu hemosiynau a lleihau anogaeth i hunan-niweidio.

Mae'n cynnwys dyddiadur hwyliau, blwch offer o dechnegau sy'n seiliedig ar dystiolaeth i leihau trallod a llwybro awtomatig i rifau argyfwng os yw'r ysfia i niweidio yn parhau.

Blueice is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.

It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

Saesneg / English

<https://www.nhs.uk/apps-library/blueice/>

<https://www.oxfordhealth.nhs.uk/blueice/>



Catch it

Mae'r ap hwn yn eich dysgu sut i reoli teimladau fel pryder ac iselder. Bydd yr ap yn eich dysgu sut i edrych ar broblemau mewn ffordd wahanol, troi meddyliau negyddol yn rhai positif a gwella eich lles meddyliol.

This app teaches you how to manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

Saesneg / English

<https://www.nhs.uk/apps-library/catch-it/>

Mae'r ap 'Catch' yn rhad ac am ddim i'w lawrl-wytho o'r App Store a Google Play.

Catch It is free to download from the App Store and Google Play.

Rhybudd: Mae'r ap hwn yn cael ei ail-asesu ar hyn o bryd oherwydd newidiadau diweddar i GDPR

Warning: This app is currently under assessment due to recent changes to GDPR

Apiau Hunan Gofal / Self Care Apps Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys / Apps are not a substitute for a qualified counsellor or therapist Disgyblion CA3 a CA4 / KS3 & KS4 aged Pupils	Mynediad i'r Ap Access to the App
 Nod yr ap distrACT yw eich helpu chi i ddeall yn well yr ymdeimladau o hunan-niweidio, ac mae'n eich annog i fonitro a rheoli'ch symptomau. Gall hefyd helpu i leihau'r risg o hunanladdiad. Mae'n cynnig cyngor a gwybodaeth gymorth, gan gynnwys rhifau cyswllt brys, y ffordd orau o weithio gyda gweithwyr gofal iechyd proffesiynol, a dewisiadau amgen mwy diogel yn lle hunan-niweidio. Ym Mharth Chill yr ap, gallwch ddod o hyd i adnoddau gall eich helpu i deimlo'n well, gan gynnwys celf, llyfrau, ffilmiau, cerddoriaeth, cerddi, dyfyniadau, straeon a fideos ar-lein The distrACT app aims to help you better understand urges to self-harm, and encourages you to monitor and manage your symptoms. It can also help reduce the risk of suicide. There's advice and support information, including emergency contact numbers, how best to work with healthcare professionals, and safer alternatives to self-harming. In the app's Chill Zone, you can find resources that may help you feel better, including art, books, films, music, poems, quotes, stories and online videos.	<i>Saesneg / English</i> https://www.nhs.uk/apps-library/distract/ Mae distrACT yn rhad ac am ddim i'w lawr-lwytho o'r App Store a Google Play. distrACT is free to download from the App Store and Google Play.
 Yn addas ar gyfer unrhyw un dros 12 mlwydd oed sydd am wella eu iechyd emosiynol. Suitable for anyone over the age of 12 who wants to improve their emotional wellbeing. Mae'r ap 'eQuoo' yn defnyddio gemau antur a ddyluniwyd gan seicolegwyr i'ch helpu i gynyddu eich ffitrwydd emosiynol ac i ddysgu sgiliau seicolegol newydd i chi. Fe welwch awgrymiadau hefyd ar sut i gyfathrebu'n fwy effeithiol a chynnal eich lles meddyliol. The eQuoo app 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.	<i>Saesneg / English</i> https://www.nhs.uk/apps-library/equoo-emotional-fitness-game/ https://equoogame.com/?branch_match_id=788901907631060444 Mae'r ap yn rhad ac am ddim i'w lawr-lwytho o'r App Store a Google Play. The app is free to download from the App Store and Google Play.
 Yn addas i Harddegwyr / Suitabel for Teenagers. Mae ap MeeTwo yn darparu fforwm diogel ar gyfer pobl ifanc yn eu harddegau sydd am drafod unrhyw fater sy'n effeithio ar eu bywydau. Gallwch gael cyngor yn ddienw gan arbenigwyr neu bobl ifanc eraill yn eu harddegau sy'n mynd trwy brofiadau tebyg mewn meysydd fel iechyd meddwl, hunan-niweidio, perthnasoedd a chyfeillgarwch. Mae'r ap yn cynnwys cyngor a gwybodaeth ar amrywiaeth o bynciau, yn ogystal â chyfeiriadur o grwpiau cymorth arbenigol a gall gynnig cymorth pellach.	<i>Saesneg / English</i> https://www.nhs.uk/apps-library/meetwo/ https://www.meetwo.co.uk/ Mae MeeTwo yn rhad ac am ddim i'w lawrlwytho o'r App Store a Google Play. MeeTwo is free to download from the App Store and Google Play.



The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.

The app contains advice and information on a variety of subjects, as well as a directory of specialist support groups that can offer further help.



Ap iechyd meddwl yw ThinkNinja a ddyluniwyd ar gyfer pobl ifanc 10 i 18 oed. Gan ddefnyddio amrywiaeth o gynnwys ac offer, mae'n caniatáu i bobl ifanc ddysgu am iechyd meddwl a lles emosiynol, a datblygu sgiliau y gallant eu defnyddio i adeiladu gwytnwch ac aros yn iach.

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

Saesneg / English

<https://www.nhs.uk/apps-library/thinkninja/4>
<https://www.healios.org.uk/services/thinkninja1>

Mae ThinkNinja yn rhad ac am ddim i'w lawrlwytho yn ystod yr argyfwng coronafirws o'r App Store a Google Play.

ThinkNinja is free to download during the coronavirus crisis from the App Store and Google Play.



Addas ar gyfer unigolion 12 oed a hŷn / Suitable for individuals 12 years and older.

Os ydych chi'n teimlo'n drist, yn bryderus neu'n isel eich ysbryd, codwch eich hwyliau gyda MoodTools! Dyluniwyd MoodTools i'ch helpu i frwydro yn erbyn iselder ysbryd a lleddfu'ch hwyliau negyddol, gan eich cynorthwyo ar eich ffordd i adferiad.

Mae MoodTools yn cynnwys sawl teclyn gwahanol a gefnogir gan ymchwil. Maent yn cynnwys Dyddiadur Meddwl, gweithgareddau adennill ynni, fideos ar ganllawiau myfyrio a chynllun diogelwch ar gyfer y rhai gallai fod yn profi meddyliau hunanladdol

If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.

MoodTools contains several different research-supported tools. They include a Thought Diary, energy regaining activities, videos on meditation guides and a safety plan for those who may be experiencing suicidal thoughts.

Saesneg / English

<https://apps.apple.com/gb/app/moodtools-depression-aid/id1012822112>

<https://www.moodtools.org/>

Am ddim i'w lawrlwytho o'r Apps Store a Google play. Yn addas ar gyfer i-phones ac i-pads.

Free to download on the Apps store and Google play.
Suitable for i-phones & i-pads.



Apiau Hunan Gofal / Self Care Apps Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys / Apps are not a substitute for a qualified counsellor or therapist Disgyblion CA3 a CA4 / KS3 & KS4 aged Pupils	Mynediad i'r Ap Access to the App
 Addas ar gyfer disgyblion 16oed a hŷn / Suitable for pupils 16 years and older. Mae Talklife yn darparu rhwydwaith cymorth i'r rhai sy'n teimlo'n unig ac sydd angen rhywun i wrando arnyn nhw yn unig. Gall yr Ap adeiladu cymunedau cymorth cymheiriaid byd-eang sy'n cynnig lleoedd diogel a gafaelgar i bobl gael cymorth iechyd meddwl unrhyw bryd ac unrhyw le. Talklife provides a support network for those who feel lonely and just need someone to listen to them. The App can build global peer support communities that offer safe and engaging places for people to get mental health support anytime and anywhere.	Saesneg / English https://www.talklife.co/about Am ddim i'w lawrlwytho o'r Apps Store a Google play. Yn addas ar gyfer i-phones ac i-pads. Free to download on the Apps store and Google play. Suitable for i-phones & i-pads.