



Community Services Department  
**SOCIAL SERVICES**

# Mental Health Advice and Information Service



## **Mental Health Advice and Information Service**

### **Are you having problems that are affecting the way you feel?**

This could be a problem with benefits or housing, for example, or you may need information about something else. Perhaps you feel that you're just not coping with things at the moment and it would help to talk it through with someone. Dealing with these issues may improve the situation and make you feel less worried or upset.

### **Where can you get help?**

We offer regular advice sessions at your GP surgery, or local clinic. We work with people who are experiencing problems such as stress, anxiety or depression.

The Vale of Glamorgan Council manages and funds this service.

### **What can the service do for you?**

We offer advice and support to help you to sort things out. Sometimes we can do this ourselves. Sometimes we need to point you in the direction of another service but, if this is the case, we can help you get in touch with them.

### **What about confidentiality?**

We will **not** have access to your medical records.

To start with we just need basic contact information such as your name, address and date of birth, for example.

We are likely to need more information in order to advise you properly but, if this is the case, we will talk to you about this.

When we have finished the work we are helping you with, we usually write to your doctor, to let them know the outcome.

We do not usually pass on other information (to your doctor, or to other agencies), without your permission. However, sometimes we have to. If we believe that someone is going to be at risk of significant harm, for example, we might have to do something to protect them.

### **What happens now?**

If you want to use this service, you can request your GP to refer you to us directly. We will get in touch with you as soon as possible, to arrange an appointment.

## Contact Details

GP Liaison Service

c/o Amy Evans Centre,  
190 Holton Road,  
Barry CF63 4HN  
Telephone: (01446) 733331

This information may also be provided, by request, in other languages, in larger print, tape, or in simplified version. Please contact either the Centre above, or the Policy and Information Team on 01446 704814 to make arrangements.  
Minicom Number: 01446 742245



**Adran Gwasanaeth Cymunedol  
GWASANAETHAU CYMDEITHASOL**

# **Gwasanaeth Cyngor a Gwybodaeth Iechyd Meddwl**



## **Gwasanaeth Cyngor a Gwybodaeth Iechyd Meddwl**

### **Ydych chi wedi danto oherwydd rhyw broblem neu'i gilydd?**

Oes gennych chi broblem gyda budd-daliadau neu dai neu a ydych chi'n chwilio am ryw wybodaeth arbennig? Efallai eich bod yn teimlo bod popeth yn ormod ar hyn o bryd ac y byddai'n braf cael siarad â rhywun. Un peth sy'n sicr. Os gellwch wneud rhywbeth amdani bydd mwy o gyfle i chi wella eich sefyllfa a theimlo'n llai diflas a phoenus o ganlyniad.

### **Ble cewch chi gymorth?**

Byddwn yn cynnal sesiynau cynghori rheolaidd yn eich meddygfa neu'ch clinig lleol. Bydd pob math o bobl yn dod atom, gan gynnwys rhai sy'n bryderus, o dan bwysau neu'n isel eu hysbryd.

Cyngor Bro Morgannwg sy'n gyfrifol am reoli ac ariannu'r gwasanaeth hwn.

### **Sut gall y gwasanaeth fod o fudd i chi?**

Byddwn yn rhoi cyngor a chymorth i chi er mwyn datrys eich problem. Pan na fydd y gwasanaeth hwn yn gallu eich helpu, cewch eich cyfeirio at wasanaeth arall. Os bydd yn rhaid gwneud hynny, byddwn yn eich helpu i gysylltu â'r gwasanaeth hwnnw.

## **Beth am gyfrinachedd?**

**Ni** fydd hawl i ni edrych ar eich cofnodion meddygol.

Dim ond gwybodaeth sylfaenol - sef eich enw, eich cyfeiriad, dyddiad eich geni ac ati - y bydd yn rhaid i chi ei rhoi ar y dechrau, er mwyn i ni allu cysylltu â chi.

Mae'n bosibl y bydd angen mwy o wybodaeth arnom yn nes ymlaen er mwyn eich cynghori'n iawn, ond os felly, byddwn yn trafod y mater â chi.

Ar ôl gorffen eich helpu, byddwn fel arfer yn anfon adroddiad at eich meddyg teulu.

Ni fyddwn fel arfer yn anfon eich manylion at unrhyw un arall (eich meddyg, asiantaethau eraill, er enghraifft) heb eich caniatâd. Ond weithiau ni fydd dewis. Os credwn fod rhywun mewn perygl o gael ei niweidio'n ddifrifol er enghraifft, bydd yn rhaid ei amddiffyn.

## **Beth sy'n digwydd nawr?**

Os hoffech ddefnyddio'r gwasanaeth hwn, cewch ofyn i'ch meddyg teulu eich cyfeirio atom yn uniongyrchol. Byddwn yn cysylltu â chi cyn gynted ag sy'n bosibl er mwyn trefnu i chi dod i siarad â ni.

**Enw, cyfeiriad a rhif ffôn y Ganolfan**

Gwasanaeth Cysylltu â Meddygon Teulu

d/o Canolfan Amy Evans,  
190 Heol Holton,  
Y Barri CF63 4HN  
Ffôn: (01446) 733331

Cewch y wybodaeth hon mewn gwahanol ieithoedd a fformatiau eraill (tâp sain er enghraifft) neu mewn fersiwn syml drwy holi. Ffoniwch y Ganolfan uchod neu Gangen Cynllunio Strategol a Gwybodaeth y Cyngor ar 01446 704814 er mwyn gwneud trefniadau. hif Minicom: 01446 742245