

# IECHYD MEDDWL A LLESIANT CYMRU

## Adnoddau hunangymorth i gefnogi iechyd meddwl a llesiant.

Gall dysgu ffyrdd gwahanol o wella a chynnal ein llesiant meddyliol, yn ogystal â meddu ar yr wybodaeth a'r sgiliau i ymdopi ag emosiynau gwahanol a meddyliau anodd, wneud gwahaniaeth mawr i'n bywydau.

Cliciwch ar y dolenni isod i ddod o hyd i adnoddau a allai eich helpu:



CYRSIAU  
AR-LEIN

APIAU



LLYFRAU A  
THAFLENNI

GWEFANNAU



Adnoddau penodol eraill:

Pobl â  
phroblemau cof

Pobl ifanc

Pobl ag  
anabledd dysgu

# MENTAL HEALTH & WELLBEING CYMRU

## Self - help resources to support mental health and wellbeing.

Learning different ways to improve and maintain our mental wellbeing, as well as having information and the skills to cope with different emotions and difficult thoughts, can make a real difference to our lives.

Click on the links below to find resources that might help you:



ONLINE  
COURSES

APPS



BOOKS  
AND  
LEAFLETS

WEBSITES



### Other specific resources:

People with  
memory problems

Young people

People with a  
learning disability