




Gwybodaeth a Gwasanaethau Cymorth i Rieni /Gofalwyr

Gweler isod restr o adnoddau ac asiantaethau cymorth a allai helpu staff ysgolion, disgyblion, rhieni a gofalwyr yn ystod y cyfnod hunanynysu gartref ac wrth gadw pellter cymdeithasol.

(Yn seiliedig ar adnodd a ddatblygwyd gan dîm Ysgolion Iach Caerdydd a Chonsortium Canolbarth y De a chyfraniadau gan Dimau Ysgolion Iach Gogledd Cymru a Gwasanaethau Iechyd Meddwl Plant a'r Glasoed)

	<p>Y Llywodraeth / Public Health England – Canllawiau i rieni a gofalwyr ar gefnogi iechyd meddwl a llesiant plant a phobl ifanc yn ystod yr achos o Coronafeirws (COVID-19)</p> <p>https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</p>
	<p>Hwb Gwybodaeth Comisiynydd Plant Cymru Children's Commissioner for Wales Information Hub</p> <p>https://www.childcomwales.org.uk/coronavirus/ https://www.complantcymru.org.uk/coronafeirws/</p> <p>https://www.facebook.com/childcomwales/</p>
	<p>Gwasanaethau Ymweliadau Iechyd Lleol</p> <p>https://twitter.com/wghealthandcare/status/1250061391148519433?s=21</p> <p>https://twitter.com/llciechydagofal/status/1250061571163906049?s=21</p>
 <p>Supporting Children with LD AS</p>	<p>Adnoddau i rieni plant sydd ag anghenion ychwanegol yn ystod pandemig COVID-19</p> <ul style="list-style-type: none">▪ https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19▪ Cefnogi Plant ag Anabledd Dysgu/Anhwylderau'r Sbectwm Awtistig i Ymdopi â hunanynysu yn sgil COVID-19 (datblygwyd gan Fwrdd Iechyd Prifysgol Caerdydd a'r Fro ac Iechyd Plant yn y Gymuned)

	<p>Rhianta ar gyfer Iechyd Gydol Oes (PLH)</p> <p>https://www.covid19parenting.com/ https://www.covid19parenting.com/welsh</p>
	<p>Parent Zone</p> <p>https://parentzone.org.uk/</p>
	<p>NSPCC</p> <p>https://www.nspcc.org.uk/</p>
	<p>Parent Info</p> <p>https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors</p>
	<p>Dewis Cymru</p> <p>https://www.dewis.wales/ https://www.dewis.cymru/</p>
 <p>Gwasanaethau Gwybodaeth i Deuluoedd Family Information Services</p>	<p>Gwasanaeth Gwybodaeth i Deuluoedd (FIS) Family Information Services</p> <p>https://www.dewis.wales/family-information-service https://www.dewis.cymru/family-information-service</p>

	<p>Mind Cymru Ffôn: 0300 123 3393 Dydd Llun–Dydd Gwener 9am–6pm Neges Destun: 86463 E-bost: info@mind.org.uk https://www.mind.org.uk/about-us/mind-cymru/ https://www.mind.org.uk/about-us/mind-cymru-cymraeg/</p>
	<p>Samaritans</p> <p>Ffôn: 116 123 (24 awr, 7 diwrnod/wythnos)</p> <p>Llinell Gymraeg: 0300 123 3011 (ar agor bob dydd 7pm–11pm)</p> <p>https://www.samaritans.org/?nation=wales</p>
	<p>Cruse</p> <p>Ffôn: 0808 808 1677 (am ddim) Dydd Llun a Dydd Gwener: 9:30am–5pm, Mawrth–lau: 9:30am–8pm.</p> <p>E-bost: helpline@cruse.org.uk https://www.cruse.org.uk/</p>
	<p>Cymorth i Ferched Cymru Welsh Women’s Aid</p> <p>https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/ https://www.welshwomensaid.org.uk/cy/what-we-do/children-and-young-people/</p> <p>Llinell Gymorth Byw Heb Ofn, 24 awr y dydd, 7 diwrnod yr wythnos – 0808 80 10 800 Live Fear Free helpline Available 24 hours a day 7 days a week, confidential helpline – 0808 80 10 800</p>
	<p>Respect UK</p> <p>Rhadffôn 0808 802 4040 Dydd Llun–Dydd Gwener 9am–5pm</p> <p>http://respect.uk.net/</p>