

## Cymorth Meddyliol ac Emosiynol i Blant a Phobl Ifanc

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><b>Childline</b> Unrhyw bryd <b>0800 1111</b></p> <p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p> <p><a href="https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/">https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/</a></p> <p>Mae ap hefyd ar gael: Ap Childline For Me Fideo Cyflwyno: <a href="https://youtu.be/0WPezz3UcA8">https://youtu.be/0WPezz3UcA8</a></p>
	<p><b>Kooth</b></p> <p><a href="https://www.kooth.com/">https://www.kooth.com/</a></p>
	<p><b>MEIC</b></p> <p>Ffôn: 080 8802 3456 Neges Destun: 84001</p> <p><a href="https://www.meiccymru.org/">https://www.meiccymru.org/</a> <a href="https://www.meiccymru.org/cym/">https://www.meiccymru.org/cym/</a></p>
	<p><b>Hyb Meddwl</b></p> <p><a href="http://hybmeddwl.cymru/">http://hybmeddwl.cymru/</a></p> <p><a href="http://www.mindhub.wales/">http://www.mindhub.wales/</a></p>
	<p><b>Stonewall (Young Stonewall)</b></p> <p><a href="https://www.youngstonewall.org.uk/">https://www.youngstonewall.org.uk/</a></p>

	<p><b>MIND Cymru</b></p> <p>Ffôn: <b>0300 123 3393</b> Dydd Llun–Dydd Gwener 9am–6pm Neges Destun: <b>86463</b> E-bost: <b>info@mind.org.uk</b></p> <p><a href="https://www.mind.org.uk/about-us/mind-cymru/">https://www.mind.org.uk/about-us/mind-cymru/</a></p>
	<p><b>Young Minds</b></p> <p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p> <p><a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus</a></p>
	<p><b>Mental Health Foundation</b></p> <p><a href="https://mentalhealth.org.uk/publications/overcome-fear-anxiety">https://mentalhealth.org.uk/publications/overcome-fear-anxiety</a></p>
	<p><b><u>Samaritans</u></b></p> <p><a href="https://www.samaritans.org/wales/how-we-can-help/schools/young-people/">https://www.samaritans.org/wales/how-we-can-help/schools/young-people/</a></p>
	<p><b><u>Papyrus</u></b></p> <p>Ffôn: <b>0800 068 41 41</b></p> <p><a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a></p>
	<p><b>Cymorth i Ferched Cymru</b></p> <p><a href="https://www.welshomensaid.org.uk/what-we-do/children-and-young-people/">https://www.welshomensaid.org.uk/what-we-do/children-and-young-people/</a></p>

	<p><b>TESS</b>  Cymorth dros neges destun ac e-bost i ferched a menywod ifanc hyd at 24 mlwydd oed yn y DU sydd wedi'u heffeithio gan hunan-niweidio. Ar agor dydd Sul, Llun, Mawrth, Mercher, Iau a Gwener 7pm–9pm Neges Destun <b>0780 047 2908</b></p> <p><a href="https://www.selfinjurysupport.org.uk/">https://www.selfinjurysupport.org.uk/</a></p>
	<p><b>Hope Support</b>  Mae'n cynnig cymorth ar-lein drwy Facebook neu Skype i bobl ifanc 11+ mlwydd oed pan fydd aelod agos o'r teulu yn cael diagnosis o salwch angheuol.</p> <p>E-bost – <a href="mailto:help@hopesupportservices.org.uk">help@hopesupportservices.org.uk</a></p> <p><a href="http://www.hopesupport.org.uk/">http://www.hopesupport.org.uk/</a></p>
	<p><b>Child Bereavement UK</b></p> <p>Ffôn: <b>0800 02 888 40</b></p> <p>E-bost – <a href="mailto:support@childbereavementuk.org">support@childbereavementuk.org</a></p> <p><a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a></p>
	<p><b>Cruse</b></p> <p>Ffôn: <b>0808 808 1677</b> (am ddim)  Dydd Llun a Dydd Gwener: 9:30am–5pm, Dydd Mawrth–Dydd Iau: 9:30am–8pm.</p> <p>E-bost: <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a></p> <p><a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p>
	<p><b>Youth Work Support</b></p> <p><a href="https://youthworksupport.co.uk/">https://youthworksupport.co.uk/</a></p> <p>Gwefannau pellach sy'n ymwneud â Coronafeirws:  <a href="https://www.ukyouth.org/2020/03/18/coronavirus-advice/">https://www.ukyouth.org/2020/03/18/coronavirus-advice/</a>  <a href="https://wearencs.com/blog/keeping-calm-through-coronavirus">https://wearencs.com/blog/keeping-calm-through-coronavirus</a></p>



**C.A.L.L. Community Advice & Listening Line**

Rhadffôn: **0800 132 737**

Anfon neges destun yn cynnwys '*help*' i **81066**

<http://www.callhelpline.org.uk/>