

Y Llyfr Bach Glas o rifau buddiol – Iechyd Meddwl

Pwyntiau buddiol i hyrwyddo eich iechyd meddwl:

1. Siaradwch â rhywun, ysgrifennwch eich meddyliau a'ch teimpladau i lawr, neu crëwch ddyluniadau.
2. Gofalwch am eich iechyd corfforol – bwyd a dŵr; awyr iach; ymarfer; gorffwys; cysgod.
3. Strwythuro eich diwrnod - ceisiwch gynnwys gweithgaredd sy'n rhoi mwynhad, e.e. cerddoriaeth, ffilmiau, crefftau, gwirfoddoli.
4. Byddwch yn garedig â chi eich hun, ac i eraill.
5. Dysgwch sgil neu ei hymarfer.
6. Peidiwch â chadw pethau sy'n eich poeni i chi'ch hun – ceisiwch ffynonellau o gymorth a chefnogaeth.

Cymorth mewn Argyfwng:

1. Wardeiniaid, os ydych yn byw mewn Neuadd (rhifau yn y llawlyfr)
2. Cyngorwr Iechyd Meddwl (9yb-5yh) **01248 382032**
3. Meddygfa Bodnant **01248 364492**
4. Meddyg Teulu y Tu Allan i Oriau Arferol **0300 1235566**
5. Sesiynau Cefnogaeth gan y Gwasanaeth Cwnsela **01248 388520**
6. FFONIWCH y llinell gymorth **0800 132737** Testun: help i **81066**
7. Samariaid **08457 909090**
e-bost: jo@samaritans.org
8. Papyrus HOPELineUK **0800 0684141**
9. Staff Diogelwch **3475** neu **2795**
10. Tîm Plismona **01286 670924**

The Little Blue Book of helpful numbers – Mental Health

Useful tips to support your mental health:

1. Talk to someone, write down your thoughts and feelings, or create pictures.
2. Take care of your physical health – food and water; fresh air; exercise; rest; shelter.
3. Structure your day – try to include an enjoyable pastime, e.g. music, films, crafts, volunteering.
4. Be kind to yourself, and others.
5. Learn, or practise, a skill.
6. Do not keep things which worry you to yourself – seek sources of help and support.

Support in a Crisis:

1. Wardens in Halls (if living in Halls see student handbook)
2. Mental Health Adviser (9am- 5pm)
01248 382032
3. GP (Bodnant Surgery) **01248 364492**
4. GP (Out of Hours) **0300 1235566**
5. Counselling Service Support Sessions
01248 388520
6. CALL helpline **0800 132737**
text: help to **81066**
7. Samaritans **08457 909090**
email: jo@samaritans.org
8. Papyrus HOPELineUK **0800 0684141**
9. Security Staff **3475** or **2795**
10. Policing Team **01286 670924**