



EMOTIONAL WELLBEING & MENTAL HEALTH NEWSLETTER

OCTOBER ISSUE.01

Welcome to the first edition of the Emotional Wellbeing & Mental Health newsletter!

This is a way for us to share exciting developments about our services with young people directly. We'd love to hear your ideas on how to do this better [please feel free to contact us!](#)

We plan on releasing several newsletters a year. Let us know if there's anything in particular you want to you want to hear about.

We know that many of you have had a difficult couple of years, with more young people than ever accessing our services. We are currently changing the way we deliver emotional wellbeing and mental health support so that you have a better experience with our service.



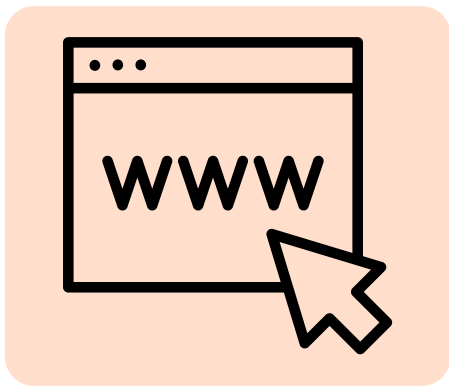
SINGLE POINT OF ACCESS

We have a new Single Point of Access for all of the mental health referrals we receive for children and young people, so all mental health referrals come to the same place. One team looks at these as they come in so your referral is directed to the right place.

There is also a consultation phone line for professionals to ask for help for how to support the young people with whom they work. This information and advice means people who you already know and trust, such as teachers, GPs and other professionals can work with you to ensure you're supported, no matter what is going on with you.

Learn more about our Single Point of Access on our website via the link below:

<https://cavyoungwellbeing.wales/professionals/about-emotional-wellbeing-mental-health/spoa/>



THE EMOTIONAL WELLBEING & MENTAL HEALTH WEBSITE

We have recently developed a brand-new website co-produced with children and young people to offer useful information and resources on emotional wellbeing and mental health.

Website visitors can find information about emotional wellbeing, mental health, services available and how to access them. There is also lots of advice and a range of useful resources signposted.

All of the information on the website has been specially curated by healthcare professionals in partnership with young people.

Take a look at our new website: <https://cavyoungwellbeing.wales/>

SILVERCLOUD

Silvercloud is a free and confidential online course that helps you to develop skills to manage your mental wellbeing. They have courses on managing anxiety, depression and stress as well as extra modules on grief, relaxation, self-esteems and communication & relationships.



If you are aged 16 or over, you can sign up for Silvercloud yourself without needing a referral.

The Silvercloud courses take approximately 12 weeks, but you can do them at your own pace when and where is convenient for you. You'll have a SilverCloud supporter to help and encourage you. You can continue to access the resources for 12 months after you first sign up.

Currently, only people aged over 16 years can access Silvercloud. However, the Welsh Government have plans to make it more widely available for other young people in the future.

You can [sign up for Silvercloud](#) or [find out more information](#).



CYLCHLYTHYR LLES EMOSIYNOL AC IECHYD MEDDWL

HYDREF RHIFYN.01

Croeso i rifyn cyntaf y cylchlythyr Lles Emosiynol ac Iechyd Meddwl!

Mae hyn yn ffordd i ni rannu datblygiadau cyffrous ynglŷn â'n gwasanaethau gyda phobl ifanc yn uniongyrchol. Byddem wrth ein bodd yn clywed eich syniadau ar sut i wneud hyn yn well mae [croeso i chi gysylltu â ni!](#)

Rydym yn bwriadu rhyddhau sawl cylchlythyr y flwyddyn. Rhowch wybod os oes unrhyw beth yn benodol rydych chi eisiau clywed amdano.

Rydyn ni'n gwybod bod llawer ohonoch wedi cael cyfnod anodd dros y blynyddoedd diwethaf, gyda mwya o bobl ifanc nag erioed yn defnyddio ein gwasanaethau. Ar hyn o bryd, rydyn ni'n newid y ffordd rydyn ni'n darparu cymorth lles emosiynol ac iechyd meddwl er mwyn i chi gael gwell profiad wrth ddefnyddio ein gwasanaeth.



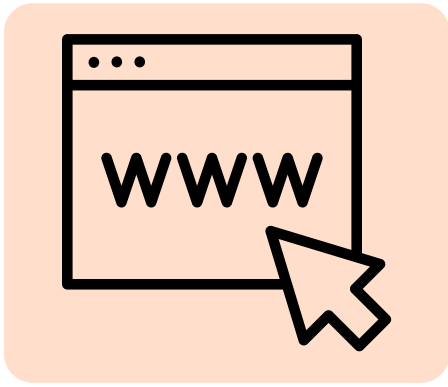
UN PWYNT MYNEDIAD

Mae gennym ni Un Pwynt Mynediad newydd ar gyfer yr holl atgyfeiriadau iechyd meddwl rydyn ni'n eu derbyn ar gyfer plant a phobl ifanc, felly mae pob atgyfeiriad iechyd meddwl yn dod i'r un lle. Mae un tîm yn edrych ar y rhain wrth iddyn nhw gyrraedd fel bod eich atgyfeiriad yn cael ei gyfeirio at y lle cywir.

Mae llinell ffôn ymgynghori hefyd i bobl broffesiynol ofyn am help o ran sut i gefnogi'r bobl ifanc y maen nhw'n gweithio gyda nhw. Mae'r wybodaeth a'r cyngor hwn yn golygu y gall pobl rydych chi eisoes yn eu hadnabod ac yn ymddiried ynddynt, fel athrawon, meddygon teulu a gweithwyr proffesiynol eraill weithio gyda chi i sicrhau eich bod yn cael eich cefnogi, waeth beth sy'n digwydd gyda chi.



MYNNWCH BIP AR EIN GWEFAN NEWYDD



Yn ddiweddar rydyn ni wedi datblygu gwefan newydd sbon sydd wedi ei chyd-gynhyrchu gyda phlant a phobl ifanc i gynnig gwybodaeth ac adnoddau defnyddiol am les emosiynol ac iechyd meddwl.

Mae gwybodaeth am les emosiynol, iechyd meddwl, y gwasanaethau sydd ar gael a sut i gael gafael arnyn nhw ar y wefan. Mae llawer o gyngor hefyd ac mae cyfeiriadau i amrywiaeth o adnoddau defnyddiol.

Mae'r holl wybodaeth sydd ar y wefan wedi cael ei dewis yn arbennig gan weithwyr gofal iechyd proffesiynol mewn partneriaeth â phobl ifanc.

Gweld ein gwefan newydd: <https://cavyoungwellbeing.wales/cy/>

SILVERCLOUD

Mae Silvercloud yn gwrw ar-lein cyfrinachol am ddim sy'n eich helpu i ddatblygu sgiliau i reoli eich lles meddyliol. Mae ganddyn nhw gyrsiau ar reoli gorbryder, iselder a straen yn ogystal â modiwlau ychwanegol ar alar, ymlacio, hunan-barch a chyfathrebu a chydberthnasoedd.



os ydych chi'n 16 oed neu'n hŷn, gallwch gofrestru ar gyfer Silvercloud eich hun heb fod angen atgyfeiriad.

Mae'r cyrsiau Silvercloud yn para tua 12 wythnos, ond gallwch eu gwneud ar eich cyflymder eich hun pryd a ble sy'n gyfleus i chi. Bydd gennych gefnogwr SilverCloud i'ch helpu a'ch annog. Gallwch barhau i gael mynediad i'r adnoddau am 12 mis ar Ôl i chi gofrestru am y tro cyntaf.

Ar hyn o bryd, dim ond pobl dros 16 oed sy'n gallu cael mynediad i Silvercloud. Ond mae gan Lywodraeth Cymru gynlluniau i sicrhau ei fod ar gael yn fwy eang ar gyfer pobl ifanc eraill yn y dyfodol.

[Gallwch cofrestru ar gyfer Silvercloud yma](#) neu [gael rhagor o wybodaeth yma.](#)