

#MENTALHEALTHAWARENESSWEEK

SUPPORT FOR CHILDREN

Start with a chat.

If you are feeling Low, tell a friend, tell a trusted adult. Your sports coach, a Teacher, your youth group leader, a parent.



Kooth is an anonymous website which helps children and young people (11-25 years)
www.kooth.com



MEIC Information, advice and advocacy helpline for children and young people 080880 23456 or text 84001 or via the online chat
www.meiccymru.org

YOUNGMINDS

fighting for young people's mental health

Text YM to 85258.
Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

Parents can also seek advice by calling
0808 802 5544
www.youngminds.org.uk

childline

A 24/7 private and confidential helpline service for children and young people to talk about any worries they may have.
www.childline.org.uk
08001111

#WYTHNOS_YMWYBYDDIAETH_IECHYD_MEDDWL CEFNOGAETH I BLANT

Dechreuwch gyda sgwrs.
Os ydych chi'n teimlo'n lsel,
dywedwch wrth ffrind,
dywedwch wrth oedolyn
dibynadwy.

Eich hyfforddwr chwaraeon,
Athro, arweinydd eich grŵp
ieuenctid, rhiant.



Mae Childline Cymru'n helpu
plant a phobl ifanc o dan 19
oed gyda chefnogaeth
emosiynol a chyngor 0800
11111 www.childline.org.uk



Mae Meic Cymru'n cynnig
gwybodaeth, cyngor ac
eiriolaeth ar gyfer plant a
phobl ifanc. Ffoniwch
080880 23456 neu
decstiwch 84001 neu ewch
i'r gwasanaeth sgwrsio ar-lein
www.meiccymru.org

YOUNGMINDS

fighting for young people's mental health

Tecstiwch YM i 85258

Mae'n rhoi cefnogaeth
destun am ddim 24/7 i bobl
ifanc ledled y DU sy'n profi
argyfwng iechyd meddwl.
Mae rhieni hefyd yn gallu
ceisio cyngor drwy ffonio
0808 802 5544.

Hefyd mae llawer o
erthyglau defnyddiol sy'n
llawn cyngor ar eu gwefan
www.youngminds.org.uk

childline

Gwasanaeth llinell gymorth
preifat a chyfrinachol 24/7 i
blant a phobl ifanc drafod
 unrhyw bryderon sydd
ganddynt.

#MENTALHEALTHAWARENESSWEEK

SUPPORT FOR CHILDREN



**BEAT helpline is for people who are dealing with eating disorders
0808 801 0433.
www.beateatingdisorders.org.uk**



**Mermaids supports transgender, nonbinary and gender-diverse children and young people & currently offer web chat support to students up to the age of 25.
mermaidsuk.org.uk**



Call 0808 808 4994, text THEMIX to 85258 or use the online 1 to 1 chat via www.themix.org.uk You can also access online counselling for children ages 10 -18 years old via the website

Useful websites

www.actionforchildren.org.uk

www.nspcc.org.uk

www.camhs-resources.co.uk

www.annafreud.org/on-my-mind/youth-wellbeing/find-a-service-near-you/

callhelpline.org.uk

www.mind.org.uk

www.familylives.org.uk

www.barnardos.org.uk

To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. For life-threatening emergencies, call 999 for an ambulance

CEFNOGAETH I BLANT



Mae'r llinell gymorth BEAT ar gyfer pobl sy'n delio ag anhwylderau bwyta. Ffoniwch 0808 801 0433.
www.beateatingdisorders.org.uk



Mae Mermaids yn cefnogi plant a phobl ifanc drawsryweddol, anneuaid ac amrywiol. Hefyd rydyn ni'n cynnig gwasanaeth cefnogi sgwrsio dros y we i fyfyrwyr hyd at 25.
mermaidsuk.org.uk



Ffoniwch 0808 808 4994, tecstiwch THEMIX i 85258 neu defnyddiwch y gwasanaeth sgwrsio ar-lein un i un trwy www.themix.org.uk. Hefyd cewch fynediad i gwrsela ar-lein i blant 10-18 oed trwy'r wefan.

Gwefannau defnyddiol
www.actionforchildren.org.uk

www.nspcc.org.uk

www.camhs-resources.co.uk

www.annafreud.org/on-my-mind/youth-wellbeing/find-a-service-near-you/

callhelpline.org.uk

www.mind.org.uk

www.familylives.org.uk

www.barnardos.org.uk

I gael cymorth meddygol brys, defnyddiwch wasanaeth arlein 111 y Gwasanaeth Iechyd Gwladol, neu ffoniwch 111 os na allwch chi gael help ar-lein. Ar gyfer argyfyngau sy'n peryglu bywyd, ffoniwch 999 am ambiwlans.