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Ty William Knox
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Prif Swyddfa Hafal

Dyma ein manylion cyswllt:

meddwl difrifol

"Adferiad: Ffordd ymlaen ar gyfer pobl gydag afiechyd
Prif Swyddfa Hafal a gofyn am ein harweiniad gwybodol:
I gael gwybod mwy am Rhaiglen Adferiad Hafal, cysylltwch â
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Am fwy o wybodaeth am unrhyw un o'n gwasanaethau yng Ngheredigion, neu i sgwrsio am sut y gallwn ni eich cefnogi yn eich adferiad, cysylltwch ag un o'n staff lleol:

Cysylltu â hafal

ar gyfer pobl gydag afiechyd meddwl difrifol hafal for people with severe mental illness

supporting patients and families in Ceredigion recovering from severe mental illness

In this leaflet you will find key information on where to get help in your area when you experience a severe mental illness.

- This leaflet provides:
contact numbers for key support services
a guide to local services provided by Hafal
a guide to planning your recovery.

About hafal

This leaflet has been developed by Hafal, an organisation managed by people with severe mental illness and their families.

Hafal (meaning 'equal') is the principal organisation in Wales working with people recovering from severe mental illness and their families. Our goal is to empower those people to:
achieve a better quality of life
fulfil their ambitions for recovery
fight discrimination
enjoy equal access to health and social care, housing, income, education, and employment.

All of Hafal's services are underpinned by our Recovery Programme. This Programme enables people to manage their own recovery. With the help of Hafal staff our clients create a Recovery Plan, looking at all areas of life to identify goals - and identifying the people who can provide support to them in achieving those goals. They are then able to take a step-by-step approach to achieving a better quality of life.

We welcome people with a severe mental illness to join us as members to help develop and run the charity. For more information visit: www.hafal.org, or contact us at any of the numbers and addresses inside.



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Canod y cyhoeddiad hwn ei
gyrhyrchu gan Hafal, yn defnyddio
grant addysgol gan AstraZeneca Ltd.

www.hafal.org/cymraeg/ceredigion

I gael gwybod mwy am y gwasanaethau diweddaraf, ewch i:

Oriau Agor Hyblyg
Ffoniwch 01970 624 756 am fwy o wybodaeth.

Seiciatrïg Cymunedol, ac ati.
Gall cleientiaid gyfeirio eu hunain, neu gael eu cyfeirio gan ffrind,
Meddyg Teulu, gweithwyr cymdeithasol, Nyls

Trefniadau cyfeirio
hyn, mae'r clybiau'n hyrwyddo bywyd iach.
hamdden o fewn y gymuned. Yn ychwanegol i'r gweithgareddau

Clybiau Cymdeithasol Aberystwyth ar
gyfer pobl sy'n dioddef problemau iechyd meddwl parhaus, gan
gymeddiad problemau iechyd meddwl parhaus, gan
chefnogwch yn seiliedig yn y gymuned.

Soar Glyd - Fflat ailsefydlu sy'n cynnig llefydros dro gyda
gymuned 24 awr y dydd.

Gwasanaeth tai anghenion dwys - Yn cefnogi pobl gyda
phroblemau iechyd meddwl gyda chefnogwch yn seiliedig yn y
eu gofaliwyr.

Mae'r cynllun Ymgysylltu Cyfarfod/Seibiant yn gweithredu
drwy Geredigion gyfan i gynnig cefnogwch i bobl gydag afiechyd
meddwl tymor hir yn eu hadferiad, a chynnig seibiant ar gyfer

Fflatiau Seibiant ac Ailsefydlu Yr Ystwyth - llefy seibiant ac
ailsefydlu tymor byr ar gael.

Yr Ystwyth - Bydd staff y prosiect yn gweithio mewn
partneriaeth â thenantiaid unigol i sicrhau bod gofal a
chefnogwch yn cael ei gyflwyno mewn ffordd y cytunwyd arno

Ymateb - Mae Hafal yn cael ei gomisiynu gan y gwasanaethau
cymdeithasol i gynnig cefnogwch sy'n gysylltiedig â thenantiaeth
yn y gymuned, sy'n galluogi pobl gydag afiechyd meddwl difrifol i
ddatblygu a chynnal ansawdd eu bywyd.

Caiff y Rhaiglen Adferiad Hafal yng Ngheredigion
ei chyflwyno drwy'r gwasanaethau canlynol:

Yng Ngheredigion

Help gan hafal

Help from hafal in Ceredigion

Hafal's Recovery Programme in Ceredigion is delivered through the following services:

Ymateb - Hafal is commissioned by social services to provide community based tenancy related support which enables people with severe mental illness to develop and maintain their quality of life.

Yr Ystwyth - Project staff work in partnership with individual tenants to ensure the care and support is delivered in a mutually agreed way and as unobtrusively as possible. All tenants have regular scheduled support with flat maintenance and some with budgeting.

Yr Ystwyth Respite and Resettlement Flat - Short-term respite and resettlement lodgings available.

Cyfarfod Befriending scheme/Seibiant operates throughout Ceredigion to offer support for people with a long-term mental illness in their recovery and provide respite for their carers.

High-needs housing service - Supporting people with mental health problems with community-based support 24 hours a day.

Soar Glyd - Resettlement flat providing temporary accommodation with community-based support.

Aberystwyth Social Clubs - Provides support for people with enduring mental health problems, empowering them in social interactions whilst providing recreation within the community. In addition to these activities the clubs promote a healthy lifestyle.

Referral arrangements

Clients can refer themselves, or be referred by a friend, relative, GP, social worker, CPN, etc.

Flexible Opening Hours

Please phone 01970 624 756 for more information.

For more on the latest services, visit: www.hafal.org/ceredigion

Contacting hafal

For more information on any of our Ceredigion services, or to chat about how we can support you in your recovery, please contact one of our local staff:

C10 The Cambria Marine Terrace Aberystwyth SY23 2AZ

Roberta Evans - Service Manager Tel: 01970 624 756 Email: ymateb@hafal.org

Robert Matthias -Team Leader Tel: 01970 624 756 Email: ceredigion@hafal.org

Eleanor Bryant- Practice Leader Tel: 01970 626 866 Email: ystwyth@hafal.org

Maureen Meachen- Cyfarfod/Ceredigion Seibian Co-ordinator Tel: 01970 624 756 Email: ceredigion@hafal.org

Rik Mowbray - Aberystwyth Social Clubs Co-ordinator Tel: 01970 624 756 Email: asc@hafal.org

National Specialist Accommodation Service Manager Flat 1, 37 Queen St Aberystwyth SY23 1PU

Hafal's Manager for this area is: Steph Hoffman Tel: 01792 816 600 Email: operations@hafal.org

To find out more about Hafal's Recovery Programme contact Hafal Head Office and ask for our information guide: "Recovery: A way forward for people with a severe mental illness".

Our contact details are as follows: Hafal Head Office Suite C2 William Knox House Britannic Way Llandarcy Neath SA10 6EL Tel: 01792 816 600 Fax: 01792 813 056 Email: hafal@hafal.org www.hafal.org

afiechyd meddwl difrifol adferiad o Ngheredigion cefnogi cleiton a theuluoedd yng hafal

Yn y dafien hon, mae gwybodeth allweddol am ble i gael help yn eich ardal chi pan fyddwch chi'n profi afiechyd meddwl difrifol. Mae'r dafien hon yn cynnwys:
rhifau cyswllt ar gyfer gwasanaethau cefnogi allweddol
arweiniad i wasanaethau lleol a gynnigir gan Hafal
arweiniad i gynllunio eich adferiad.

Mae'r dafien hon wedi cael ei datblygu gan Hafal, sef sefydliad a reolir gan bobl gydag afiechyd meddwl difrifol a'u teuluoedd. Hafal yw'r prif sefydliad yng Nghymru sy'n gweithio gyda phobol sy'n gwellio a afiechyd meddwl difrifol a'u teuluoedd. Ein nod yw rhoi grym i'r bobl hyn i:

gael gwell ansawdd o fywyd
cyflawni eu huchelgeisiau ar gyfer adferiad
brydro yn erbyn gwahaniaethu
mwyhau mynediad cyfarfod i wasanaethau iechyd a gofal cymdeithasol, tai, incwm, addysg a chyflogaeth.

Rydym yn croesawu pobl gydag afiechyd meddwl difrifol i ymuno â ni fel aelodau i helpu datblygu a rhedeg yr elusen. Am fwy o wybodaeth, ewch i: www.hafal.org/cymraeg, neu cysylltwch â ni ar unrhyw un o'r rhifau a'r cyfeiriadau y tu mewn.

# Beth i'w wneud pan fydd gennych chi afiechyd meddwl difrifol

Pan fydd gennych chi afiechyd meddwl difrifol, mae'n bwysig cadw'n bositif, cadw'n ddiogel a chynllunio eich ffordd tuag at adferiad.

Mae'r daflen hon yn rhoi canllawiau syml i'ch helpu chi i gynllunio ar gyfer y dyfodol, gan eich pwyntio i'r cyfeiriad cywir i ddod o hyd i'r help y byddwch ei angen wrth i chi ddsygu sut i ymdopi a'ch salwch.

## Ble rydw i'n dechrau?

Y peth cyntaf i'w wneud - os nad ydych chi wedi gwneud hynny'n barod - yw mynd i weld eich meddyg. Ewch a rhywun arall gyda chi os ydych chi angen cefnogaeth, a gofynnwch am apwyntiad dwbl os ydych chi eisiau mwy o amser i drafod eich salwch. Bydd eich meddyg yn eich helpu chi'n uniongyrchol - neu'n eich cyfeirio ymlaen at wasanaethau iechyd meddwl. Gyda'ch gilydd, byddwch yn penderfynu:

1. Pa feddygiaeth ar gyfer afiechyd meddwl y dylech chi ei gymryd, os o gwbl. Cofiwch: eich dewis chi, yn ogystal â'ch meddyg, yw hyn. Gofynnwch gwestiynau a chael gwybodaeth ar bob un o'r meddygiaethau sydd ar gael, gan gynnwys unrhyw fanylion am ba mor dda y maent yn gweithio, pa mor hawdd ydynt i'w cymryd a'r sgil effeithiau y gallent eu hachosi. Gallwch adolygu eich meddygiaeth gyda'ch meddyg ar ymweliadau yn y dyfodol.
2. Pa driniaethau a therapiau eraill ar gyfer afiechyd meddwl, gan gynnwys cwnsela, seicotherapi a therapi ymddygiad gwybyddol allai fod ar gael. Gallai'r rhain eich helpu yn eich adferiad: gofynnwch i'ch meddyg beth sydd ar gael.

3. Sut y gallwch gynnal a gwella eich iechyd corfforol. Mae'n bwysig eich bod yn gofalu amdanoch eich hun pan fydd gennych chi afiechyd meddwl. Dywedwch wrth eich meddyg am unrhyw broblemau iechyd corfforol sydd gennych.

Pwy ddylwn i gysylltu â?

Eich meddyg lleol.

Os oes gennych chi afiechyd meddwl difrifol, yna bydd eich meddyg yn aml yn eich cyfeirio at eich Tîm Iechyd Meddwl Cymunedol lleol. Eu rhif nhw yw: 01570 422 577 (Llanbedr Pont Steffan), 01239 711 955 (Castell Newydd Emlyn), 01970 615 448 (Aberystwyth) (efallai y byddant yn eich cynghori i weld meddyg yn gyntaf os nad ydych chi wedi gwneud hynny'n barod). Efallai y bydd y Tîm Iechyd Meddwl Cymunedol yn penodi gweithiwr allweddol i chi a allai fod yn nyrs, yn weithiwr cymdeithasol neu'n rhywun arall o'r tîm fydd yn eich helpu chi ac yn eich cefnogi. Efallai y byddant hefyd yn cynnig Asesiad Unedig Agwedd y Rhaglen Gofal a Chynllun Gofal i chi.

## Lle fyddaf i'n byw?

Mae angen i chi wneud yn siŵr fod gennych chi'r lle gorau i fyw sydd ar gael i chi. Gallai hyn olygu gwneud yn siŵr eich bod yn gallu aros yn y lle rydych yn byw ynddo ar y funud, neu gadw eich cartref yn wag os byddwch chi yn yr ysbyty am gyfnod - os mai dyna'r peth gorau i chi. Mae yna sefydliadau a all eich helpu i gadw eich tenantiaeth os byddwch ei angen. Efallai y bydd arnoch chi angen help gartref neu dy arbenigol.

Pwy ddylwn i gysylltu â?

Gall y gwasanaeth tai lleol gynnig help a chyngor i chi ar roi trefn ar eich trefniadau byw. Cysylltwch â'ch swyddog lleol ar: 01545 572 181 neu gallwch gysylltu â'ch Tîm Iechyd Meddwl Cymunedol ar 01570 422 577 (Llanbedr Pont Steffan), 01239 711 955 (Castell Newydd Emlyn), 01970 615 448 (Aberystwyth).

## Beth am arian neu swydd?

Efallai y bydd materion am arian, gwaith a hyfforddiant ac addysg hefyd yn dod yn bwysig pan fydd gennych chi afiechyd meddwl difrifol. Efallai y byddwch eisiau gofyn cwestiynau, fel:

Oes arnaf i angen cymorth arbenigol i fy helpu i gadw fy swydd?  
Sut allaf i wneud yn siŵr fy mod yn cael y budd-daliadau y mae gennaf i hawl iddynt, e.e. nawdd cymdeithasol a budd-daliadau anabledd?  
Beth yw'r cyfleoedd ar gyfer astudio?

Pwy ddylwn i gysylltu â?

Am help gyda chwestiynau fel hyn, gallwch ffonio Canolfan Byd Gwaith Ceredigion ar 01970 653 100 (Aberystwyth), 01570 463 900 (Llanbedr Pont Steffan), 01239 643 500 (Aberteifi). Byddant yn rhoi cyngor ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd Cyngor ar Bopeth 01970 612 817 (Aberystwyth), 01239 613 707 (Aberteifi) hefyd yn gallu cynnig gwybodaeth a chyngor i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â Chanolfan Dysgu Gydol Oes Ceredigion. Eu rhif ffôn yw 01970 633 655/633 656.

## Gan bwy arall allaf i gael cefnogaeth?

Mae eich gofalwr, teulu a ffrindiau yn ffynonellau amlwg o gefnogaeth mewn amseroedd o angen. Yn gyffredinol, mae'n bwysig eich bod yn gofalu am eich bywyd cymdeithasol, gan fod hyn yn eich cadw mewn cysylltiad â phobl - ac nid ydych yn teimlo'n euog am ofyn am help pan fyddwch chi ei angen.

Ein cyngor ni yw eich bod yn meddwl am sut y byddwch yn cynnal pob perthynas. Dylech ystyried hefyd sut y byddwch yn gwneud y pethau rydych chi eisiau eu gwneud: er enghraifft, defnyddio cyfleusterau hamdden neu ddilyn eich hobi neu ddiddordebau.

Oes yna help ar gael ar gyfer y person sy'n gofalu amdanaf i?

Gall gofalwyr anffurfiol chwarae rhan bwysig iawn wrth gefnogi unigolyn gydag afiechyd meddwl difrifol. Gallai aelodau o deulu, ffrindiau neu gymdogion fod yn cynnig cefnogaeth; yn aml nid ydynt yn ystyried eu hunain yn ofalwyr. Mae yna wasanaethau ar gael i gefnogi gofalwyr, sydd yn eu tro yn eu helpu nhw i barhau i gynnig y gofal gorau y gallant. Mae Gwasanaethau ar gyfer gofalwyr yn cynnwys cefnogaeth, gwybodaeth, cyngor, cwnsela, gwasanaethau seibiant a grwpiau cyfeillgarwch. Am fwy o wybodaeth siaradwch â Hafal ar 01970 624 756.



# What to do when you've got a severe mental illness

When you have a severe mental illness it's important to remain positive, keep safe and plan your way towards recovery.

This leaflet provides some simple guidance to help you plan ahead, pointing you in the right direction to find the help you need as you learn how to manage your illness.

## Where do I start?

The first thing to do - if you haven't already done it - is to go to your doctor. Take someone else with you if you need support, and book a double appointment if you want more time to discuss your illness. Your doctor will help you directly - or refer you on to mental health services. Together you will decide:



1. Which medication for a mental illness you should be prescribed, if any. Remember: the choice is down to you as well as your doctor. Ask questions and get information on each of the medications that are available, including any details about how well they work, how easy they are to take, and the side effects they might have. You can review your medication with your doctor again on future visits.
2. What other treatments and therapies for a mental illness including counselling, psychotherapy and cognitive behavioural therapy may be available. These might help you in your recovery: ask your doctor what's on offer.
3. How you can maintain and improve your physical health. It's important that you look after yourself when you have a mental illness. Tell your doctor about any physical health problems you may have.

Who do I contact?

Your local doctor.

Haven't got a doctor? Then contact the Ceredigion Local Health Board on: 01570 424 100 and they will help you.

If you have a severe mental illness then your doctor will often refer you to the local Community Mental Health Team. Their number is: 01570 422 577 (Lampeter), 01239 711 955 (Newcastle Emlyn), 01970 615 448 (Aberystwyth) (they may advise you to see your doctor first if you haven't already). The Community Mental Health Team might assign you a key worker who may be a nurse, social worker or someone else from the team who will help and support you. They may also offer you a Care Plan and Care Programme Approach Unified Assessment.

## Where will I live?

You need to make sure that you've got the best accommodation available to you. This might just mean making sure that you can stay where you're living at the moment or keeping your home available if you're in hospital for a while - if that's right for you. There are organisations who can help you to maintain your tenancy if you need it. You might need help at home or specialist housing.

Who do I contact?

The local housing service will be able to provide you with help and advice on sorting out your living arrangements. Contact your local Officer on: 01545 572 181 or you might want to contact your local Community Mental Health Team on 01570 422 577 (Lampeter), 01239 711 955 (Newcastle Emlyn), 01970 615 448 (Aberystwyth).

## What about money or a job?

Issues about money, employment and training and education might also become important when you have a severe mental illness. You might want to ask yourself questions such as:

Do I need specialist support to help me keep my job?  
How can I make sure I'm getting the benefits I'm entitled to, e.g. social security and disability benefits?  
What are the opportunities for studying?

Who do I contact?

For help with questions such as these you can ring Jobcentre Plus on 01970 653 100 (Aberystwyth), 01570 463 900 (Lampeter), 01239 643 500 (Cardigan). They will provide advice on a range of matters, including returning to work or getting the right benefits.

The Citizens Advice Bureau 01970 612 817 (Aberystwyth), 01239 613 707 (Cardigan) will also be able to provide you with information and guidance.

To find out about local training opportunities you can contact the Ceredigion Lifelong Learning Centre. Their number is 01970 633 655/633 656.

## Who else can I get support from?

Your carer, family and friends are obvious sources of support in times of need. In general it is important to look after social life as this keeps you in touch with people - and you don't feel badly about asking for help when you need it.

Our advice is to think about how you will maintain your relationships. Also consider how you will do the things you want: for example, using leisure facilities or following your hobbies or interests.

Is there any help available for the person who cares for me?

Informal carers can play a very important role in supporting an individual with severe mental illness. Family members, friends or neighbours may be providing support; often they don't consider themselves carers. There are services available to support carers which in turn help them to continue to provide care to the best of their ability. Services include carer support, information, advice, counselling, respite services and friendship groups. For more information talk to Hafal on 01970 624 756.