



This publication was produced by Hafal

We welcome people with a serious 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.

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.

This leaflet has been developed by Hafal, an organisation managed by people with serious mental illness and their families. Hafal (meaning 'equal') is the principal organisation in Wales working with people recovering from serious 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.

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

Swansea

Supporting patients and families in recovering from serious mental illness



dros adferiad o afiechyd meddwl difrifol
for recovery from serious mental illness

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

Mon,	9am-5.00pm
Tues	9am-7.30pm
Wed	9am-7.30pm
Thurs/Fri	9am-5.00pm
Sat	10am-3.45pm

Opening Hours

For people who are care managed referral is through CREATE (information on CREATE is available by contacting the project) or clients can be referred by a relative, friends, GPs, self referral, etc.

Referral arrangements

Carer support: carer support/advice is available through our carers support group on the 3rd Monday of every month between 2pm and 4pm or on a one to one basis. The carers in the group also offer each other support by sharing experiences and information. Carers can also access information through our information area by simply dropping in at the project.

Services and activities including:

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

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

Our contact details are as follows:

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 serious mental illness".
Tel: 01792 816 600 Email: operations@hafal.org
Hafal's Manager for this area is: Sharon Thomas

Steve Reynish
Practice Leader
33-34 Mansel Street
SWANSEA SA1 1EB
Tel: 01792 466 990
Email: swansea@hafal.org

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

Contacting hafal

Help from hafal in Swansea

dros adferiad o afiechyd meddwl difrifol
hafal
for recovery from serious mental illness

cefnogi cleifion a theuluoedd yn

Abertawe

adferiad o

afiechyd meddwl difrifol

Yn y daflen hon, mae gwybodaeth allweddol am ble i gael help yn eich ardal chi pan fyddwch chi'n profi afiechyd meddwl difrifol.

Mae'r daflen hon yn cynnwys:

- ▶ rhifau cyswllt ar gyfer gwasanaethau cefnogi allweddol
- ▶ arweiniad i wasanaethau lleol a gynigir gan Hafal
- ▶ arweiniad i gynllunio eich adferiad.

Yngŷyn â hafal

Mae'r daflen 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 phobl sy'n gwella o 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
- ▶ brwydro yn erbyn gwahaniaethu
- ▶ mwynhau mynediad cyfartal i wasanaethau iechyd a gofal cymdeithasol, tai, incwm, addysg a chyflogaeth.

Mae holl wasanaethau Hafal yn cael eu cefnogi gan ein Rhaglen Adferiad. Mae'r Rhaglen hon yn galluogi pobl i reoli eu hadferiad eu hunain. Gyda help staff Hafal, bydd ein cleientiaid yn creu Cynllun Adferiad, gan edrych ar bob rhan o'u bywyd er mwyn adnabod nodau - ac adnabod y bobl a all gynnig cefnogaeth iddynt i gyflawni'r nodau hynny. Yna, maent yn gallu cymryd agwedd cam wrth gam i gyflawni gwell ansawdd bywyd.

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.

Help gan hafal yn Abertawe

Caiff y Rhaglen Adferiad Hafal yn Abertawe ei chyflwyno drwy'r gwasanaethau canlynol:

Mae gwasanaethau a gweithgareddau'n cynnwys:

Egwyliau ar gyfer gofalywyr drwy gynnig, cefnogaeth un ar un, cefnogaeth grwp, cefnogaeth gyda gweithgareddau bywyd dyddiol, byw'n iach, adeiladu hyder, hyfforddiant ffitrwydd, TG, a gweithgareddau hamdden a chymdeithasol. Mae gofalywyr a chleientiaid yn y prosiect yn rhoi mewnbwn uniongyrchol i gynllunio iechyd meddwl yn Abertawe. Mae'r holl weithgareddau yn y prosiect ar gyfer cleientiaid a gofalywyr.

Cefnogaeth gofalywyr: mae cefnogaeth/cyngor ar gyfer gofalywyr ar gael drwy ein grwp cefnogi gofalywyr ar 3ydd dydd Llun pob mis, rhwng 2pm a 4pm, neu ar sail un ar un. Mae'r gofalywyr yn y grwp hefyd yn cynnig cefnogaeth i'w gilydd drwy rannu profiadau a gwybodaeth. Gall gofalywyr hefyd gael gafaal ar wybodaeth drwy ein man wybodaeth drwy ymweld â'r prosiect.

Trefniadau Cyfeirio

Ar gyfer pobl y mae eu gofal yn cael ei reoli, ceir cyfeiriad drwy CREATE (mae gwybodaeth ar CREATE ar gael drwy gysylltu â'r prosiect) neu gall cleientiaid gael eu cyfeirio gan berthynas, ffrind, Meddyg Teulu neu gyfeirio eu hunain, ac ati.

Oriau Agor

Llun,	9am-5.00pm
Maw	9am-7.30pm
Merch	9am-7.30pm
Tau/Gwen	9am-5.00pm
Sad	10am-3.45pm

I gael gwybod mwy am y gwasanaethau diweddaraf, ewch i: www.hafal.org/cymraeg/swansea

Cysylltu â hafal

Am fwy o wybodaeth am unrhyw un o'n gwasanaethau yn Abertawe, neu i sgwrsio am sut y gallwn ni eich cefnogi yn eich adferiad, cysylltwch ag un o'n staff lleol:

Steve Reynish
Arweinydd Arferiad
33-34 Stryd Mansel
ABERTAWA SA1 1EB

Ffôn: 01792 466 990
E-bost: swansea@hafal.org

Rheolwr Hafal ar gyfer yr ardal hon yw: SharonThaoms
Ffôn: 01792 816 600 E-bost: operations@hafal.org

I gael gwybod mwy am Raglen Adferiad Hafal, cysylltwch â Phrif Swyddfa Hafal a gofyn am ein harweiniad gwybodaeth: "Adferiad: Ffordd ymlaen ar gyfer pobl gydag afiechyd meddwl difrifol".

Dyma ein manylion cyswllt:

Prif Swyddfa Hafal
Ystafell C2
Tŷ William Knox
Ffordd Britannic
Llandarsi

Castell-nedd SA10 6EL
Ffôn: 01792 816 600
Ffacs: 01792 813 056
e-bost: hafal@hafal.org
www.hafal.org/cymraeg



Cafodd y cyhoeddiad hwn ei gynhyrchu gan Hafal, yn defnyddio grant addysgol gan AstraZeneca Ltd.

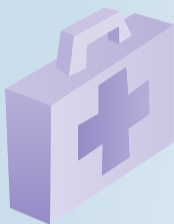
Beth i'w wneud pan fydd gennych chi afiechyd meddwl difrifol

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 pwytio i'r cyfeiriad cywir i ddod o hyd i'r help y byddwch ei angen wrth i chi ddysgu 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:



- 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.
- 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.
- 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.

Dim meddyg? Yna cysylltwch â **Bwrdd Iechyd Lleol Abertawe** ar: **01792 784 800** ac fe allant hwy eich helpu.

Os oes afiechyd meddwl difrifol arnoch, bydd eich meddyg fel arfer yn eich cyfeirio at y **Tîm Iechyd Meddwl Cymunedol lleol**. Eu rhifau yw: **01792 469 600 (Tredillion House)**, **01792 899 909 (Tŷ Einon)**, **01792 517 853 (Clinig Canolog)**, **01792 841 435 (Ysbyty Coffa Clydach)** (efallai y byddant yn eich cynghori i fynd i weld eich meddyg yn gyntaf os nad ydych chi wedi gwneud hynny'n barod). Bydd y Tîm Iechyd Meddwl Cymunedol o bosib yn dynodi gweithiwr allweddol i chi sydd efallai yn nyr, gweithiwr cymdeithasol neu rywun arall o'r tîm a fydd yn eich cynorthwyo a'ch cefnogi. Efallai y byddant hefyd yn cynnig Cynllun Gofal ac Aseiad Unedig Dull Rhaglen Ofal 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 chynghori i chi roi trefn ar eich trefniadau byw. Cysylltwch â'ch Swyddog lleol ar: **01792 533 100** neu gallwch gysylltu â'ch **Tîm Iechyd Meddwl Cymunedol** ar **01792 469 600 (Tŷ Tredillion)**, **01792 899 909 (Tŷ Eithin)**, **01792 517 853 (Y Clinig Canolog)**, **01792 841 435 (Ysbyty Goffa Clydach)**.

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 gennyf 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** ar **01792 494 900 (Gorseinon)**, **01792 495 700 (Treforys)**, **01792 494 000 (Abertawe)**. Byddant yn rhoi cynghori ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd **Cyngor ar Bopeth (0844 4772020)** hefyd yn gallu cynnig gwybodaeth a chynghori i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â'r **Ganolfan Dysgu Gydol Oes leol**. Eu rhif ffôn yw **01792 648 081**.

Gan bwy arall allaf i gael cefnogaeth?

Mae eich gofawr, 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 chi 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 ddi-ddordebau.

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

Gall gofawryr 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 gofawryr, sydd yn eu tro yn eu helpu nhw i barhau i gynnig y gofal gorau y gallant. Mae Gwasanaethau ar gyfer gofawryr yn cynnwys cefnogaeth, gwybodaeth, cynghori, cwnsela, gwasanaethau seibiant a grwpiau cyfeillgarwch. Am fwy o wybodaeth siaradwch â Hafal ar **01792 466 990**.



What to do when you've got a serious mental illness

What is a serious mental illness?

Serious mental illness includes schizophrenia, bipolar disorder and other diagnoses which typically involve psychosis (losing touch with reality or experiencing delusions) or high levels of care, and which may require hospital treatment.

When you have a serious 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:



- 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.
- 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.
- 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 **Swansea Local Health Board** on: **01792 784 800** and they will help you.

If you have a serious mental illness then your doctor will often refer you to the **local Community Mental Health Team**. Their number is: **01792 469 600 (Tredillion House)**, **01792 899 909 (Tŷ Einon)**, **01792 517 853 (Central Clinic)**, **01792 841 435 (Clydach Memorial Hospital)** (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: **01792 533 100** or you might want to contact your **local Community Mental Health Team** on **01792 469 600 (Tredillion House)**, **01792 899 909 (Tŷ Einon)**, **01792 517 853 (Central Clinic)**, **01792 841 435 (Clydach Memorial Hospital)**.

What about money or a job?

Issues about **money**, **employment** and **training and education** might also become important when you have a serious 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 **01792 494 900 (Gorseinon)**, **01792 495 700 (Morrison)**, **01792 494 000 (Swansea)**. They will provide advice on a range of matters, including returning to work or getting the right benefits.

The **Citizens Advice Bureau (0844 4772020)** will also be able to provide you with information and guidance.

To find out about local training opportunities you can contact the local **Lifelong Learning Centre**. Their number is **01792 648 081**.

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 serious 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 **01792 466 990**.