

Prif Swyddfa Hafal  
Ystafell C2  
Tŷ William Knox  
Ffordd Britannic  
Llandarcy  
Castell-nedd SA10 6EL  
Ffôn: 01792 816 600  
Ffacs: 01792 813 056  
E-bost: hafal@hafal.org  
www.hafal.org/cymraeg

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 Adferiad  
33-34 Stryd Mansel  
ABERTAWNE SA1 1EB  
Ffôn: 01792 466 990  
E-bost: swansea@hafal.org  
Rheolwr Hafal ar gyfer yr ardal hon yw: Sharon Thomas  
Ffôn: 01792 816 600 E-bost: operations@hafal.org  
I gael gwybod mwy am Raglein Adferiad Hafal, cysylltwch â Phrif Swyddfa Hafal a gofynnwch am ein harweiniad gwybodaeth: "Adferiad: Ffordd ymlaen ar gyfer pobl gydag afiechyd meddwl difrifol".  
Dyma ein manylion cyswilt:

### Cysylltu â hafal

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

www.hafal.org/cymraeg/swansea

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

### Oriau Agor

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, ffriind, Meddyg Teulu neu gyfeirio eu hunain, ac ati.

### Trefniadau Cyfeirio

Mae gwasanaethau a gweithgareddau'n cynnwys: Egwiliad ar gyfer gofaluwr drwy gynig cynnig cefnogaeth un ar un, cefnogaeth grŵp, cefnogaeth gyda gweithgareddau bywyd dyddio, bywn iach, adeiladu hyder, hyfforddiant ffriwrdd, TG, a gweithgareddau hamdden a chymdeithasol. Mae gofaluwr a chleientiaid iechyd meddwl yn Abertawe. Mae'r holl weithgareddau yn y prosiect yn rhoi mewbwn uniongyrchol i gynllunio iechyd meddwl yn Abertawe. Mae'r holl weithgareddau yn y prosiect ar gyfer cleientiaid a gofaluwr.

Cairt y Raglein Adferiad Hafal yn Abertawe ei chyflwyno drwy'r gwasanaethau canlynol:  
Mae gwasanaethau a gweithgareddau'n cynnwys: Cefnogaeth gofaluwr: mae cefnogaeth/cynnwng ar gyfer gofaluwr ar gael drwy ein grŵp cefnogi gofaluwr ar 3ydd dydd Llun pob mis, rhwng 2pm a 4pm, neu ar sail un ar un. Mae'r gofaluwr yn y grŵp hefyd yn cynnig cefnogaeth i'w giild drwy rannu profiadau a gwybodaeth. Gall gofaluwr hefyd gael gafael ar wybodaeth drwy ein man wybodaeth drwy ymweld â'r prosiect.

### Help gan hafal yn Abertawe

### Help from hafal in Swansea

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

#### Services and activities including:

Breaks for carers through providing counselling, one-to-one support, group support, support with the activities of daily living, healthy living, confidence building, fitness training, IT, and leisure and social activities. Carers and clients at the project have direct input into mental health planning in Swansea. All activities at the project are for clients and carers.

**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.

#### Referral arrangements

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.

#### Opening Hours

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

For more on the latest services, visit: [www.hafal.org/swansea](http://www.hafal.org/swansea)

Mae holl wasanaethau Hafal yn cael eu cefnogi gan ein Raglein Adferiad. Mae'r Raglein 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 y bobl a all gynnig cefnogaeth iddynt i gyflawni'r nodau hynny. Yna, maent yn gallu cynnwyrdd agwedd cam wrth gam i gyflawni gwell ansawdd bywyd.

Mae'r datfen 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 fwyd
- ▶ cyflawni eu huchelgeisiau ar gyfer adferiad
- ▶ brwydro yn erbyn gwahaniaethau
- ▶ mwynhau mynediad cyfartal i wasanaethau iechyd a gofal cymdeithasol, tai, incwm, addysg a chyfflogaeth.

### Abertawe adferiad o afiechyd meddwl difrifol

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

Mae'r datfen hon yn cynnwys:

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

Ynglyn â hafal

### Swansea recovering from serious 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](http://www.hafal.org), or contact us at any of the numbers and addresses inside.

### Contacting hafal

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:

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

Hafal's Manager for this area is: Sharon Thomas  
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](http://www.hafal.org)

# 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 therapïau 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.

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

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: **01792 469 600 (Tŷ Tredillion)**, **01792 899 909 (Tŷ Eithin)**, **01792 517 853 (Y Clinig Canolog)**, **01792 841 435 (Ysbyty Goffa Clydach)** (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 Aseiad 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 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 anabled?  
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 cyngor 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 chyngor 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 gofalwr, teulu a ffrindiau yn ffrindiau 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 ddi-ddordebau.

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 **01792 466 990**.



# 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 **Swansea Local Health Board** on: **01792 784 800** 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: **01792 469 600 (Tredillion House)**, **01792 899 909 (Tŷ Eionon)**, **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 Eionon)**, **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 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 **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 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 **01792 466 990**.