

Prif Swyddfa Hafal  
Ystafell C2  
Ty 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

Dyma ein manylion cyswilt:

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".

Ebost: northwales@hafal.org  
Ffôn: 01492534769

Carina Edwards a Janet Randles  
Darperir rheoli Hafal ar gyfer y maes hwn gan:

E-bost: ynysmon@hafal.org

Ffôn: 01407 761 503

LL65 2HH

CAERGBI

Allt Richmond

Priordy Dewi Sant

Symudol - 07870276814

Carmel Jones - Ymarferydd Adferiad

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

## Cysylltu â hafal

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

**Grwpiau Gofalwyr:**  
Llanfair Dydd Mercher cyntaf o bob mis 1.30pm-3.30pm  
Llangefni Trydydd dydd Lun o bob mis 6pm-8pm

**Ynys Môn** Lun-Gwen 9am-5.00pm

### Oriau Agor

**Trefniadau cyfeirio:**  
TMC (Caerdyb! 01407 764 231 a Llangefni! 01248 750 191),  
Meddygon Teulu, Gwasanaethau Cymdeithasol, Gweithwyr  
Cymdeithasol, hunanngyfeirio, ffirindiau, perthnasau ac  
Allymestyn Gofalwyr.

Cyfiencedd am egwylliau seibiant byr drwy fantaisio ar fentrau  
cymunedol lleol fel dosbarth ymarfer corff, tripliau dydd,  
grwpiau cinio, grwpiau cerdded.

**Hyfforddiant a Gweithgareddau:** rheoli pwysau  
meddwl/adelidau hyder,  
therapiau cyfannol.

**Gwasanaeth Cefnogi Teulu:** yn cynnig cefnogaeth, cynngor,  
gwybodaeth, ymgysylltu,  
Llais wrth gynllunio.

**Caff y Rhaglen Adferiad Hafal yn Ynys Môn ei**  
chwyliwyo drwy'r gwasanaethau canlynol:

## Help gan hafal yn Ynys Môn

## afiechyd meddwl difrifol

cefnogi cleifion a theuluoedd yn  
**Ynys Môn**  
adferiad o

gydag afiechyd  
meddwl difrifol  
with serious  
mental illness  
**hafal**

ar gyfer pobl  
gydag afiechyd  
meddwl difrifol

# hafal

for people  
with serious  
mental illness

supporting patients and families in

## Ynys Môn 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 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.

### About hafal

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.

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 serious 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.

## Help from hafal in Ynys Môn

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

**Family Support Service:** offering support, advice, information, befriending, A voice in planning.

**Training and Activities:** stress management/confidence building, holistic therapies.

**Short respite break opportunities** through accessing local community initiatives like an exercise class, day trips, luncheon group, walking group.

### Referral arrangements

From CMHT (Holyhead 01407 764 231 and Llangefni 01248 750 191), GPs, Social Services, Social Workers, self referral, friends, relatives, and Carers Outreach.

### Opening Hours

**Ynys Môn**

**Mon-Fri 9am-5.00pm**

**Carers Groups:**

**Llanfair**

**1st Tues each month 1.30pm-3.30pm**

**Llangefni**

**3rd Mon each month 6pm-8pm**

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

## Contacting hafal

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

**Carmel Jones - Recovery Practitioner**  
mobile - 07870276814  
St. Davids Priory  
Richmond Hill  
HOLYHEAD  
LL65 2HH  
Tel: 01407 761 503  
Email: ynysmon@hafal.org

Hafal's management for this area is provided by  
**Carina Edwards & Janet Randles**  
Tel: 01492534769  
Email: northwales@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 serious 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.

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: **01407 764 231/760 209 (Gogledd), 01248 750 292/750 191 (De)** (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: **01248 752 091** neu gallwch gysylltu â'ch **Tîm Iechyd Meddwl Cymunedol Lleol** ar **01407 764 231/760 209 (Gogledd), 01248 750 292/750 191 (De)**.

## 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 **01407 602 500 (Holyhead), 01407 603 200 (Amlwch), 01248 283 600 (Llangefni)**. Byddant yn rhoi cyngor ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd **Cyngor ar Bopeth (0845 120 3708)** hefyd yn gallu cynnig gwybodaeth a chyngor i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â **Chanolfan Dysgu Gydol Oes Ynys Môn**. Eu rhif ffôn yw **01248 752 091**.

## 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 diddordebau.

### 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 **01407 761 611**.



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

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:



- 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 **Ynys Môn Local Health Board** on: **01248 751 229** 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** on **01407 764 231/760 209 (North), 01248 750 292/750 191 (South)** (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: **01248 752 091** or you might want to contact your **local Community Mental Health Team** on **01407 764 231/760 209 (North), 01248 750 292/750 191 (South)**.

## 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 **01407 602 500 (Holyhead), 01407 603 200 (Amlwch), 01248 283 600 (Llangefni)**. They will provide advice on a range of matters, including returning to work or getting the right benefits.

The **Citizens Advice Bureau (0845 120 3708)** will also be able to provide you with information and guidance.

To find out about local training opportunities you can contact **Ynys Môn Lifelong Learning Centre**. Their number is **01248 752 091**.

## 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 **01407 761 611**.

