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

supporting patients and families in

Ceredigion

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**, or contact us at any of the numbers and addresses inside.

This publication was produced by Hafal using an unrestricted educational grant from AstraZeneca Ltd.

Help from hafal

in Ceredigion

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

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:

Anna Bellingham – Practice Leader (Training)
Tracy Lee – Housing Development Manager

9 Portland Road
Aberystwyth
Ceredigion

Tel: 01970 624 756
Email: ceredigion@hafal.org

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

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

Richard Bellingham
Flat 1, 37 Queen St
Aberystwyth
SY23 1PU

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 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

www.hafal.org

Charity Number: 1093747

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

cefnogi cleifion a theuluoedd yng

Ngheredigion

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.**

Ynglŷn 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.

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

Help gan hafal

yng Ngheredigion

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

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

Gwasanaeth tai anghenion dwys – Yn cefnogi pobl gyda phroblemau iechyd meddwl gyda chefnogaeth yn seiliedig yn y gymuned 24 awr y dydd.

Soar Glyd – Fflat ailsefydlu sy'n cynnig llety dros dro gyda chefnogaeth yn seiliedig yn y gymuned.

Clybiau Cymdeithasol Aberystwyth – Yn cynnig cefnogaeth ar gyfer pobl sy'n dioddef problemau iechyd meddwl parhaus, gan roi grym iddynt ryngweithio'n gymdeithasol a chynnig cyfleoedd hamdden o fewn y gymuned. Yn ychwanegol i'r gweithgareddau hyn, mae'r clybiau'n hyrwyddo bywyd iach.

Trefniadau cyfeirio

Gall cleientiaid gyfeirio eu hunain, neu gael eu cyfeirio gan ffrind, perthynas, Meddyg Teulu, gweithiwr cymdeithasol, Nyrs Seiciatrig Cymunedol, ac ati.

Oriau Agor Hyblyg

Ffoniwch 01970 624 756 am fwy o wybodaeth.

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

Cysylltu â hafal

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:

Anna Bellingham – Arweinydd Practis (Hyfforddiant)
Tracy Lee – Rheolwr Datblygu Tai

9 Stryd Portland
Aberystwyth
Ceredigion
SY23 2AZ

Ffôn: 01970 624 756
E-bost: ceredigion@hafal.org

Maureen Meachen – Cydlynydd/Ceredigion Seibiant
Ffôn: 01970 624 756 E -bost: ceredigiion@hafal.org

Peter Fleming – Cydlynydd Clybiau Cymdeithasol Aberystwyth
Ffôn: 01970 624 756 E bost: asc@hafal.org

Richard Bellingham
Fflat 1, 37 Heol y Frenhines
Aberystwyth
SY23 1PU

Rheolwr Hafal ar gyfer yr ardal hon yw: **Sharon Thomas**
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
Ty 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

www.hafal.org/cymraeg

Rhif Elusen: 1093747

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**.

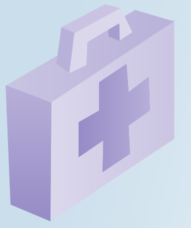
Mae'r daflen hon yn rhoi canllawiau syml i'ch helpu chi i gynllunio ar gyfer y dyfodol, gan eich pwyntio i'r cyfeiriad cywir i ddod o hyd i'r help y byddwch ei angen wrth i chi ddysgu sut i ymdopi a'ch salwch.

Beth yw afiechyd meddwl difrifol?

Mae afiechyd meddwl difrifol yn cynnwys sgitsoffrenia, anhwylder bipolar a diagnosis eraill sydd fel arfer yn cynnwys seicosis (colli cysyll-tiad â realiti neu weld lledrithiau) neu lefelau uchel o ofal, ac a allai fod angen triniaeth mewn ysbyty.

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 feddyginiaeth 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 meddyginiaethau 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 meddyginiaeth 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?

Dim meddyg? Yna cysylltwch â **Bwrdd Iechyd Lleol Ceredigion** ar: **01570 424 100** ac fe allant hwy eich helpu.

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 710 454(Castell Newydd Emlyn), 01970 615 448 (Aberystwyth)** (efallai y byddant yn eich cynghori i weld meddyg yn gyntaf os nad ydych 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?

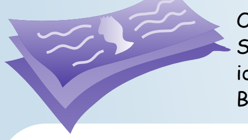
Mae angen i chi wneud yn siŵr fod gennych chi'r lle gorau i fyw sydd ar gael i chi. Gallai hyn olygu gwneud yn siŵr eich bod yn gallu aros yn y lle rydych yn byw ynddo ar y funud, neu gadw eich cartref yn wag os byddwch chi yn yr ysbyty am gyfnod – os mai dyna'r peth gorau i chi. Mae yna sefydliadau 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 572 105** neu gallwch gysylltu â'ch **Tîm Iechyd Meddwl Cymunedol** ar **01570 422 577 (Llanbedr Pont Steffan), 01239 710 454 (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 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 Ceredigion** ar **01970 653 100 (Aberystwyth), 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 633 703**

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 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.

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.

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?

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

Your **local doctor**.

If you have a serious mental illness then your doctor will often refer you to the **local Community Mental Health Team**. Their number is: **01570 422 577 (Lampeter), 01239 710 454 (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?

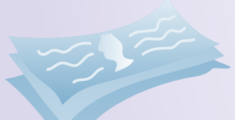
You need to make sure that you've got the best accommodation available to you. This might just mean making sure that you can stay where you're living at the moment or keeping your home available if you're in hospital for a while – if that's right for you. There are organisations who can help you to maintain 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 572 105** *or* you might want to contact your **local Community Mental Health Team** on **01570 422 577 (Lampeter), 01239 710 454 (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 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 **01970 653 100 (Aberystwyth), 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 633 703**

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 **01970 624 756.**

www.hafal.org