

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

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

Ffôn: 01792 816 600 E-bost: operations@hafal.org
Rheolwr Hafal ar gyfer De Powys yw: Sharon Thomas
Ffôn: 01492534769 E-bost: northwales@hafal.org
Teresa Petrykowski a Janet Randles
Darperir rheol Hafal ar gyfer Gogledd Powys hwn gan:

Rebecca Morgan Mobile: 07875 373525
Fleur Thompson Mobile 07973 479948
Room 9, Steeple House
Steeple Lane, POWYS LD3 7DJ
Rebecca Morgan Mobile: 07875 373525
Fleur Thompson Mobile 07973 479948

E-bost: smallsteps@hafal.org
Symudol: 07817 308924
Ffôn: 01686 621266
Anna Ripley
Prosiect Camau Bychan
E-bost: rekindle@hafal.org
Symudol: 07812 984 929
Ffôn: 01686 626 749/621226
Y Drenewydd, POWYS SY16 2BL

Christine Humphreys
2 Commercial Street
Christine Humphreys
Prosiect Ailenny
chi, cysylltwch ag un o'n staff lleol os gwelwch yn dda:
ym Mhowys, neu i drafod am sut gallwn ni eich cefnogi
Am ragor o wybodaeth am unrhyw un o'n wasanaethau

Cysylltu â hafal

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

Oriau Agor Hysblyg
Llun - Gwener 9am - 5pm
Mae genym ni bolisi cyfeirio agored, sy'n galluogi
hunanngyfeirio a chyfeirio ar ran rhywun arall, ond fod hyn
yn ddeallus a gyda chaniantd y person a grybwyllwyd.

Trefniadau cyfeirio
Mae genym ni bolisi cyfeirio agored, sy'n galluogi
hunanngyfeirio a chyfeirio ar ran rhywun arall, ond fod hyn
yn ddeallus a gyda chaniantd y person a grybwyllwyd.

Prosiect Camau Bychan: yn cynnig cefnogaeth un-wrth-un,
gyda phobol a chynngor i bobl i fanc 16-25 mlwydd oed sydd
yn profi dirywiad yn eu telyd meddwl. Mae Camau Bychan
hefyd yn gweithio wrth ochr gwasanaeth Gofalwr Powys i
ddarparu cefnogaeth grŵp i ofalwyr iechyd meddwl.

Gwasanaeth Seibiant: Gwasanaeth Seibiant: yn cynnig
cefnogaeth un ar un neu grŵp i ofalwyr iechyd meddwl, yng
ngogledd a de'r sir. Mae'r gwasanaeth hefyd yn cynnig
seibiant i ofalwyr drwy gynnig cefnogaeth ar sail
gweithgareddau i'r rhai sy'n derbyn gofal.

Caiff y Rhaglen Adferiad Hafal ym Mhowys ei
chyllwyo drwy'r gwasanaethau canlynol:

Help gan hafal
ym Mhowys

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

supporting patients and families in
Powys 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.

Help from hafal
in Powys

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

Seibiant Service: offers one to one or group support
for mental health carers, in both the north and the
south of the county. The service also provides respite
for carers by providing activity based support to the
cared for.

Rekindle Project: The recovery outreach programme
offers mental health clients a dynamic motivational
support package to enable them to take control of their
own recovery. Transport is offered for all activities
organised by the service.

Small Steps Project: offers one-to-one support,
information and advice for 16-25 year olds who are
experiencing deterioration in their mental health. Small
steps also work alongside Powys Carers service to
provide group support to young mental health carers.

Referral arrangements

We have an open referral policy, enabling self-referral
and referral on someone else's behalf, as long as it is
with the knowledge and permission of the referred

Opening Hours

Mon - Fri 9am - 5pm

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

Contacting hafal

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

- Rekindle Project
Christine Humphreys
2 Commercial Street
Newtown, POWYS SY16 2BL
Tel: 01686 626 749/621266
Mobile: 07812 984 929
Email: rekindle@hafal.org
Small Steps Project
Anna Ripley
Tel: 01686 621266
Mobile: 07817 308924
Email: smallsteps@hafal.org
Seibiant Service
Room 9, Steeple House
Steeple Lane, POWYS LD3 7DJ
Rebecca Morgan Mobile: 07875 373525
Fleur Thompson Mobile 07973 479948

Hafal's management for the north area is provided by
Teresa Petrykowski & Janet Randles
Tel: 01492534769 Email: northwales@hafal.org

Hafal's Manager for the south 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 peo-
ple 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
Charity Number: 1093747

Rydym yn croesawu pobl gydag afiechyd meddwl difrifol i ymuno
â ni fel aelodau i helpu datblygu a rhedeg yr eilusen. 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.

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
mwy ngyrn nodau y bobl a all gynnig cefnogaeth
iddym i gyflawni'r nodau hynny. Yna, maent yn gallu cymryd
agwedd cam wrth gam i gyflawni gwell ansawdd bywyd.

Mae'r datfen hon wedi cael ei datblygu gan Hafal, set setydlid
a reolir gan pobl gydag afiechyd meddwl difrifol a'u teuluoedd.
Hafal yw'r prif setydlid 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 gwahaniantaethu
mwy ngyrn nodau y bobl a all gynnig cefnogaeth
iddym i gyflawni'r nodau hynny. Yna, maent yn gallu cymryd
agwedd cam wrth gam i gyflawni gwell ansawdd bywyd.

Mae'r datfen hon yn cynnwys:
rhifau cyswllt ar gyfer gwasanaethau cefnogi allweddol
arweiniad i wasanaethau lleol a gynigir gan Hafal
arweiniad i gynllunio eich adferiad.

afiechyd meddwl difrifol
adferiad o
Mhowys
cefnogi cleifion a theuluoedd ym
hafal
ar gyfer pobl gydag afiechyd meddwl difrifol
for people with serious mental illness

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:

- 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 Powys ar: 01874 711
661 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: 01938 555 076 (Y Trallwng), 01686 617 300 (Drenewydd), 01597 825 888 (Llandrindod), 01874 615 050 (Aberhonddu), 01639 849 994 (Ystradgynlais) (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 ystyby 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 ar roi trefn ar eich trefniadau byw. Cysylltwch â'ch cyngor sir ar: 01597 826 000 a gofyn i gael siarad â'ch swyddog tai lleol neu gallwch gysylltu â'ch Tîm Iechyd Meddwl Cymunedol ar 01938 555 076 (Y Trallwng), 01686 617 300 (Drenewydd), 01597 825 888 (Llandrindod), 01874 615 050 (Aberhonddu), 01639 849 994 (Ystradgynlais).

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 01874 573 000 (Aberhonddu), 01597 753 100 (Llandrindod), 01654 543 800 (Machynlleth), 01686 863 000 (Y Drenewydd), 01639 664 600 (Ystradgynlais), 01938 525 200 (Y Trallwng). Byddant yn rhoi cynghori ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd Cyngor ar Bopeth (0845 601 8421) 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 01597 826 433.

Gan bwy arall allaf i gael cefnogaeth?

Mae eich gofalwr, teulu a ffrindiau yn ffronellau 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 cynghori 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, cynghori, cwnsela, gwasanaethau seibiant a grwpiau cyfeillgarwch. Am fwy o wybodaeth siaradwch â Hafal ar 01686 626 749.



www.hafal.org

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:

- 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 Powys Local Health Board on: 01874 711 661 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: 01938 555 076 (Welshpool), 01686 617 300 (Newtown), 01597 825 888 (Llandrindod Wells), 01874 615 050 (Brecon), 01639 849 994 (Ystradgynlais) (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 county council on: 01597 826 000 and ask to be put through to your local housing office or you might want to contact your local Community Mental Health Team on 01938 555 076 (Welshpool), 01686 617 300 (Newtown), 01597 825 888 (Llandrindod Wells), 01874 615 050 (Brecon), 01639 849 994 (Ystradgynlais).

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 01874 573 000 (Brecon), 01597 753 100 (Llandrindod Wells), 01654 543 800 (Machynlleth), 01686 863 000 (Newtown), 01639 664 600 (Ystradgynlais), 01938 525 200 (Welshpool). They will provide advice on a range of matters, including returning to work or getting the right benefits.

The Citizens Advice Bureau (0845 601 8421) 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 01597 826 433.

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 to do.

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 contact Hafal on 01686 626 749.

