

Free mental health support

Cefnogaeth iechyd meddwl am ddim



We can help with:

- Anxiety
- Depression
- Self-esteem
- Stress
- Feeling alone
- Managing anger
- Grief and loss

Rydym yn gallu helpu gyda:

- Phryder
- Iselder
- Hunan-barch
- Stres
- Teimlo'n unig
- Rheoli tymer
- Galar a cholled

Active Monitoring is a free, six week, guided self-help programme to help you to better understand and be more in control of your feelings. If you live in Wales and are over 18, get in touch to find out more.

Rhaglen chwe wythnos o hunan help gydag arweiniad am ddim yw Monitro Gweithredol i'ch helpu chi i ddeall ac i deimlo'n fwy mewn rheolaeth o'ch emosiynau. Os ydych yn byw yng Nghymru a thros 18 oed, cysylltwch i ganfod rhagor.

Get in touch today / Cysylltwch â ni heddiw

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WcVA
CgGC



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Active Monitoring is funded by Welsh Government / Mae Monitro Gweithredol yn cael ei ariannu gan Lywodraeth Cymru

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for better mental health
o blaid gwell iechyd meddwl