

Rhestr o wefanau a llinellau cymroth ar gyfer Iechyd Emosiynol a Meddyliol
A list of websites and support lines for Mental & Emotional Health & Well-being

Gwefanau sy'n cynnwys gwybodaeth a chynghor ar nifer o faterion Iechyd Meddwl ac Emosiynol

Websites that include information and guidance in relation to a number of Mental & Emotional Health matters

Charlie Waller Memorial

[Free practical mental health resources | Charlie Waller Trust](#)

Anna Freud

[Resources | Anna Freud](#)

Mentally Healthy Schools

[Home : Mentally Healthy Schools](#)

School Beat

[SchoolBeat.cymru](#)

Childline

[Childline | Childline](#)

Samariaid / Samaritans

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Meic

[Home - Home - Meic \(meiccymru.org\)](#)

Action for Children

[Action For Children | Children's charity | For safe and happy childhoods](#)

Meddwl.org (Harddegwyr ac oedolion)

[meddwl.org – Mae gan bawb iechyd meddwl](#)

Mind

[Donate - Mind](#)

Young Minds

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Spesifig / Specific

Ymlacio / Relaxation

New Horizons Guided Meditation / Mindfulness

[New Horizon - Meditation & Sleep Stories - YouTube](#)

Cwsg / Sleep:

[Sleep : Mentally Healthy Schools](#)

[New Horizon - Meditation & Sleep Stories - YouTube](#)

Gwrth-fwlio / Anti-bullying:

[Anti-Bullying Alliance](#)

[Help With Bullying \(kidscape.org.uk\)](#)

[StopBullying.gov](#)

[Help With Bullying | Bullying Advice | Kidscape](#)

[Home - Home - Meic](#)

Profedigaeth / Bereavement

[Bereavement support for children and families | Winston's Wish \(winstonswish.org\)](#)

[Get support - Cruse Bereavement Support](#)

[Grief & Loss | Parents Guide To Support | YoungMinds](#)

[Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter](#)

Online Safety / **E-Ddiogelwch:**

[CEOP Safety Centre](#)

[4-7s | CEOP Education](#)

[8-10s | CEOP Education](#)

Useful websites and resources for Parents / Carers and Families:

Gwefannau defnyddiol i Rhieni / Gwarchodwyr

[Free practical mental health resources | Charlie Waller Trust](#)

[Mental Health And Wellbeing | Anna Freud](#)

[Parents and carers | CEOP Education](#) (How to protect your child online)

[Supporting a child or young person with mental health needs - NHS](#)

[Action For Children | Children's charity | For safe and happy childhoods](#)

Self-care apps for children / **Apiau Hunan-Ofal i ddisgyblion:**

[Home - Clear Fear App](#)

[Chill Panda – Reducing anxiety and improving well being in Children through a fun gaming app](#)

[Meditation For Kids - Headspace](#)

Useful Animation videos in relation to Mental & Emotional Health /

Fideo's amineiddio defnyddiol ar Iechyd Meddwl:

Talking Mental Health: [Talking Mental Health](#)

We all have Mental Health: [We All Have Mental Health](#)

Five Ways to Well-being / **Y 5 Ffordd at les:**

[Five ways to well-being - Hywel Dda University Health Board](#)

[The Five Ways to Wellbeing - boosting mental wellbeing](#)

[The 5 points to wellbeing by Rocco !\[\]\(f507db636256ac11a5525ef93ec6b8d7_img.jpg\) May 2021](#)