

Rhestr o Wasanaethau Cymorth Iechyd Meddwl Allanol List of External Mental Health Support Services

Cyrff Proffesiynol/Professional Bodies

British Association for Counselling and Psychotherapy (BACP) Website www.bacp.co.uk	British Association for Counselling and Psychotherapy (BACP) Gwefan www.bacp.co.uk
British Association for Behavioural and Cognitive Psychotherapies (BABCP) Website www.babcp.com	British Association for Behavioural and Cognitive Psychotherapies (BABCP) Gwefan www.babcp.com
UK Council for Psychotherapy (UKCP) Website www.psychotherapy.org.uk	UK Council for Psychotherapy (UKCP) Gwefan www.psychotherapy.org.uk
The British Psychological Society (BPS) Website www.bps.org.uk	The British Psychological Society (BPS) Gwefan www.bps.org.uk
The Royal College of Psychiatrists Website www.rcpsych.ac.uk	The Royal College of Psychiatrists Gwefan www.rcpsych.ac.uk

Gwasahaetau Cymorth a Llinellau Cymorth Cenedlaethol a Chymunedol National & Community Based Support Services and Helplines

A

Advisory, Conciliation & Arbitration Service (ACAS) - Providing information, advice, training, conciliation and other services for employers and employees to help prevent or resolve workplace problems. Website www.acas.org.uk	Advisory, Conciliation & Arbitration Service (ACAS) – Yn cynnig gwybodaeth, cyngor, hyfforddiant, cymodi a gwasanaethau eraill i gyflogwyr a chyflogwyr i helpu i atal neu ddatrys problemau yn y gweithle Gwefan www.acas.org.uk
Age UK – A UK charity working with older people, Age UK's vision is to make the UK a great place to grow older by inspiring, supporting and enabling. Website www.ageuk.org.uk	Age UK – Yn elusen yn y DU sy'n gweithio gyda phobl hŷn, gweledigaeth Age UK yw gwneud y DU yn lle gwyh i heneiddio drwy ysbrydoli, cefnogi a galluogi. Gwefan www.ageuk.org.uk

A

Alcoholics Anonymous Telephone helpline: 0800 9177 650 Website: www.alcoholics-anonymous.org.uk	Alcoholics Anonymous Linell gymorth: 0800 9177 650 Gwefan www.alcoholics-anonymous.org.uk
Alzheimer's Society Telephone helpline: 0300 222 11 22 Website: www.alzheimers.org.uk	Alzheimer's Society Linell gymorth: 0300 222 11 22 Gwefan www.alzheimers.org.uk
Anxiety Alliance Website: www.Anxietyalliance.org.uk	Anxiety Alliance Gwefan www.Anxietyalliance.org.uk
Anxiety Care Website: www.anxietycare.org.uk	Anxiety Care Gwefan www.anxietycare.org.uk
Anxiety UK Website: www.anxietyuk.org.uk	Anxiety UK Gwefan www.anxietyuk.org.uk
Applied Suicide Intervention Skills Training (ASIST) Website: www.livingworks.net	Applied Suicide Intervention Skills Training (ASIST) Gwefan www.livingworks.net
Attention Deficit Hyperactivity Disorder Foundation (ADHD) Website: www.adhdfoundation.org.uk	Attention Deficit Hyperactivity Disorder Foundation (ADHD) Gwefan www.adhdfoundation.org.uk

B

Barnardos – UK's Children's charity offering children's services, help for children in poverty, support for young carers and helping families looking ot foster or adopt child. Website: www.barnardos.org.uk	Barnardos – Elusen i blant yn y DU sy'n cynnig gwasanaethau i blant, cymorth i blant mewn tlodi, cymorth i ofalwyr ifanc a chymorth i deuluoedd sy'n ystyried maethu neu fabwysiadu plentyn. Gwefan www.barnardos.org.uk
Beat – Support for people with easting disorders Website: www.b-eat.co.uk	Beat – Cymorth i bobl gydag anhwylderau bwyta Gwefan www.b-eat.co.uk

B

Big White Wall – Big White Wall is an online mental health and wellbeing service offering self help programmes, creative outlets and a community that cares. When you're dealing with everyday stressors or major life events they can offer some support. Website: www.bigwhitewall.com	Big White Wall – Mae Big White Wall yn wasanaeth iechyd meddwl a lles ar-lein sy'n cynnig rhaglenni hunangymorth, cyfleoedd i fynegi'ch creadigrwydd a chymuned ofalgar. Pan fyddwch yn delio â straen bywyd bob dydd neu ddigwyddiadau mawr yn eich bywyd gallan nhw gynnig cymorth. Gwefan www.bigwhitewall.com
Biploar UK Telephone: 0333 323 3880 Website: www.bipolaruk.org	Biploar UK Ffôn: 0333 323 3880 Gwefan www.bipolaruk.org
Body Dysmorphic Disorder Foundation Website: www.bddfoundation.org	Body Dysmorphic Disorder Foundation Gwefan www.bddfoundation.org
Borderline Personality Disorder World Providing information, advice and support to those affected by personality disorders. Website: www.bpdworld.org	Borderline Personality Disorder World Yn cynnig gwybodaeth, cyngor a chymorth i'r sawl a gaiff eu heffeithio gan anhwylderau personoliaeth. Gwefan www.bpdworld.org
British Dyslexia Association Website: www.bdadyslexia.org.uk	British Dyslexia Association Gwefan www.bdadyslexia.org.uk
British and Irish Group for the Study of Personality Disorder Website: www.bigspd.org.uk	British and Irish Group for the Study of Personality Disorder Gwefan www.bigspd.org.uk

C

Campaign Against Living Miserably (CALM) – Support for men in the UK, of any age, who are down or in crisis. Website: www.thecalmzone.net Telephone: 0800 58 58 58	Campaign Against Living Miserably (CALM) – Cymorth i ddynion yn y DU, o unrhyw oedran, sy'n teimlo'n isel neu'n wynebu argyfwng. Gwefan www.thecalmzone.net Ffôn 0800 58 58 58
Carers UK – Support, advice and information for carers. Website: www.carersuk.org	Carers UK – Cymorth, cyngor a gwybodaeth i ofalwyr. Gwefan www.carersuk.org

C

Centre for Mental Health – Aims to change the lives of people with mental health problems by using research to bring about better services and fairer policies. Website: www.centreformentalhealth.org.uk	Centre for Mental Health – Nod y ganolfan yw newid bywydau pobl sy'n wynebu problemau iechyd meddwl drwy ddefnyddio gwaith ymchwil i sicrhau gwasanaethau gwell a pholisïau tecach. Gwefan www.centreformentalhealth.org.uk
Childline Website: www.childline.org.uk Telephone: 0800 1111 (Free, private and confidential help for young people in the UK)	Childline Gwefan www.childline.org.uk Ffôn: 0800 1111 (Cymorth am ddim, preifat a chyfrinachol i bobl ifanc yn y DU)
Citizens Advice (CAB) – Citizens Advice is a network of independent charities throughout the UK that give free, confidential information and advice to assist people with money, legal, consumer and other problems. Website: www.citizensadvice.org.uk	Citizens Advice / Cyngor ar Bopeth (CAB) – Mae Cyngor ar bopeth yn rhwydwaith o elusennau annibynnol ledled y DU sy'n cynnig gwybodaeth a chyngor cyfrinachol am ddim i bobl ar broblemau'n yn ymwneud ag arian, y gyfraith, defnyddwyr a materion eraill. Gwefan www.citizensadvice.org.uk
Combat Stress – An organisation for veterans and serving personnel, as well as families, friends and carers. For more information about stress, practical tips and real life stories go to their website. Website: www.combatstressw.org.uk	Combat Stress – Sefydliad ar gyfer cyn-filwyr a milwyr presennol, yn ogystal â theuluoedd, ffrindiau a gofalwyr. I gael rhagor o wybodaeth am straen, cyngor ymarferol a storïau go iawn ewch i'w gwefan. Gwefan www.combatstressw.org.uk
Cruse Bereavement Care Website: www.cruse.org.uk Tel: 0808 808 1677	Cruse Bereavement Care Gwefan www.cruse.org.uk Ffôn 0808 808 1677

D

Dementia UK Website: www.dementiauk.org	Dementia UK Gwefan www.dementiauk.org
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F

Family Lives – Parenting and family support and tailored support around issues such as bullying, special educational needs, and support for specific communities. Website: www.familylives.org.uk Telephone: 0808 800 2222	Family Lives – Cymorth i rieni a theuluoedd a chymorth wedi'i deilwra yn ymwneud â materion megis bwlio, anghenion addysgol arbennig, a chymorth i gymunedau penodol. Gwefan www.familylives.org.uk Ffôn 0808 800 2222
First Person Plural – Dissociative Identity Disorders Association – Specialises in working for and on behalf of all those affected by Dissociative Identity Disorder. Website: www.firstpersonplural.org.uk	First Person Plural – Dissociative Identity Disorders Association – Yn arbenigo mewn gweithio ar ran y rhai a gaiff eu heffeithio gan Anhwylder Hunaniaeth Datgysylltiol. Gwefan www.firstpersonplural.org.uk
Fit for Work – is a Government funded initiative, designed to support people in work with health conditions and help with sickness absence. Website: www.fitforwork.org/about	Fit for Work - menter a ariennir gan y Llywodraeth yw hon, ac fe'i cynlluniwyd i gynorthwyo pobl mewn gwaith sydd â chyflyrau iechyd a helpu gydag absenoldeb o'r gwaith. Gwefan www.fitforwork.org/about

G

GamCare – A national provider of information, advice, support and free counselling for the prevention and treatment of problem gambling. Website: www.gamcare.org.uk	GamCare – Darparwr cenedlaethol sy'n cynnig gwybodaeth, cyngor, cymorth a chwnsela am ddim ar gyfer atal a thrin problemau'n ymwneud â gamblo. Gwefan www.gamcare.org.uk
Gendered Intelligence – A not for profit community interest company who work with the trans community and those who impact on trans lives; they particularly specialise in supporting young trans people under the age of 21. Website: www.genderedintelligence.co.uk	Gendered Intelligence – Cwmni budd cymunedol dielw sy'n gweithio gyda'r gymuned trawsryweddol a'r rhai sy'n effeithio ar bobl trawsryweddol; maent yn arbenigo mewn helpu pobl ifanc trawsryweddol dan 21 mlwydd oed. Gwefan www.genderedintelligence.co.uk

H

Health & Safety Executive Website: www.hse.gov.uk/stress/experience	Health & Safety Executive Gwefan www.hse.gov.uk/stress/experience
Hearing Voices Network – Supporting people who hear voices, see visions or have other unusual perceptions. Website: www.hearing-voices.org	Hearing Voices Network – Yn cefnogi pobl sy'n clywed lleisiau, yn gweld pethau neu sydd â chanfyddiadau anarferol eraill. Website: www.hearing-voices.org

I

International Dyslexia Association Website: www.dyslexiaida.org	International Dyslexia Association Gwefan www.dyslexiaida.org
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L

Lesbian, Gay, Bisexual and Trans (LGBT) Foundation – A national charity delivering advice, support and information services to LGBT communities. Website: www.lgbt.foundation Telephone: 0345 3 30 30 30	Lesbian, Gay, Bisexual and Trans (LGBT) Foundation - Elusen genedlaethol yn cynnig gwasanaethau cynghori, cymorth a gwybodaeth i gymunedau LGBT. Gwefan www.lgbt.foundation Ffôn 0345 3 30 30 30
Living with Schizophrenia Website: www.livingwithschizophreniauk.org	Living with Schizophrenia Gwefan www.livingwithschizophreniauk.org

M

Mankind – A service available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same sex partners). Website: www.mankind.org.uk Telephone: 01823 334244	Mankind – Gwasanaeth sydd ar gael i'r holl ddynion y DU sy'n dioddef trais domestig neu sy'n cael eu cam-drin yn ddomestig gan eu cyn-wraig / partner neu wrraig / partner presennol (gan gynnwys partneriaid o'r un rhyw). Gwefan: www.mankind.org.uk Ffôn: 01823 334244
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M

Mencap – For further help, support and information regarding learning disabilities contact. Website: www.mencap.org.uk	Mencap – I gael rhagor o help, cymorth a gwybodaeth gydag anableddau dysgu ewch i wefan: www.mencap.org.uk
Menopause Matters – Provides information, advice and support concerning menopausal issues – an independent, clinician-led site aiming to provide accurate information about the menopause. Website: www.menopausematters.co.uk	Menopause Matters – Gwybodaeth, cyngor a chymorth ar faterion yn ymwneud â diwedd y mislif - safle annibynnol dan arweiniad meddyg sy'n ceisio cynnig gwybodaeth fanwl gywir am ddiwedd y mislif. Gwefan www.menopausematters.co.uk
Menopause Support Website: www.menopausesupport.co.uk	Menopause Support Gwefan www.menopausesupport.co.uk
Mental Health Foundation – With prevention at the heart of what they do, they aim to find and address the sources of mental health problems. Their knowledge, informed by rigorous research and practical based study, has been pioneering change for more than 60 years. Website: www.mentalhealth.org.uk	Mental Health Foundation – Gydag atal wrth wraidd popeth a wnant, nod y sefydliad hwn yw canfod a mynd i'r afael â ffynhonell problemau iechyd meddwl. Mae ei wybodaeth, sy'n cael ei lywio gan waith ymchwil ac astudiaethau ymarferol trwyadl, wedi bod yn arloesol o ran newid pethau am fwy na 60 mlynedd. Gwefan www.mentalhealth.org.uk
Mind – Raises awareness concerning mental health issues, offers advice and signposting. Mind can help you make choices about treatment, understand your rights or reach out to sources of support. You can find your local Mind association by visiting the Mind website. Website: www.mind.org.uk	Mind – Codi ymwybyddiaeth am faterion iechyd meddwl, cynnig cyngor a chyfeiriadau. Gall Mind eich helpu i wneud dewisiadau ynghylch eich triniaeth, deall eich hawliau neu ofyn am gymorth. Gallwch ddod o hyd i'ch cymdeithas Mind leol drwy ymweld â gwefan Mind. Gwefan www.mind.org.uk

N

National Autistic Society Telephone Helpline: 0808 800 4104 Website: www.autism.org.uk	Y Gymdeithas Awtistiaeth Genedlaethol Llinell Gymorth: 0808 800 4104 Gwefan: www.autism.org.uk
National Centre for Eating Disorders Telephone Support: 0845 838 2040 Website: www.eating-disorders.org.uk	Canolfan Genedlaethol ar gyfer Anhwylderau Bwyta Cymorth dros y Ffôn: 0845 838 2040 Gwefan: www.eating-disorders.org.uk
National Debt Line – A debt charity, offering free help and advice on dealing with debt in England and Wales. Website: www.nationaldebtline.org Telephone: 0808 808 4000	Llinell Ddyled Genedlaethol – Elusen dyledion, sy'n cynnig cymorth a chyngor am ddim ar ddelio â dyled yng Nghymru a Lloegr. Gwefan: www.nationaldebtline.org Ffôn: 0808 808 4000
National Self-Harm Network Website: www.nshn.co.uk	Rhwydwaith Hunan-niweidio Cenedlaethol Gwefan: www.nshn.co.uk
No More Panic Website: www.nomorepanic.co.uk	No More Panic Gwefan: www.nomorepanic.co.uk
No Panic Website: www.nopanic.org.uk Helpline : 0844 967 4848 Youth Helpline: 0330 606 1174	No Panic Gwefan: www.nopanic.org.uk Llinell gymorth: 0844 967 4848 Llinell Gymorth i leuenctid: 0330 606 1174

O

OCD Action Website: www.ocdaction.org.uk Telephone: 0845 390 6232	OCD Action Gwefan: www.ocdaction.org.uk Ffôn: 0845 390 6232
OCD UK Website: www.ocduk.org Helpline: 03332 127890	OCD UK Gwefan: www.ocduk.org Llinell gymorth: 03332 127890

P

Papyrus – A national charity for the prevention of young suicide, offering support to young people and those concerned about a young person. Website: www.papyrus-uk.org Telephone the HOPEline UK: 0800 068 41 41 – national confidential helpline	Papyrus – Elusen genedlaethol er atal hunanladdiad ymysg pobl ifanc, sy'n cynnig cymorth i bobl ifanc a'r rheiny sy'n gofidio am berson ifanc. Gwefan: www.papyrus-uk.org Ffoniwch HOPEline UK: 0800 068 41 41 – llinell gymorth gyfrinachol genedlaethol
Parkinson's UK Telephone helpline: 0808 800 0303 Website: www.parkinsons.org.uk	Parkinson's UK Llinell gymorth: 0808 800 0303 Gwefan: www.parkinsons.org.uk
Personality Disorder Website: www.personalitydisorder.org.uk	Anhwylderau Personoliaeth Gwefan: www.personalitydisorder.org.uk
Positive Outcomes for Dissociative Survivors (PODS) Website: www.pods-online.org.uk Office telephone: 01480 878409 Helpline: n0800 181 4420	Positive Outcomes for Dissociative Survivors (PODS) Gwefan: www.pods-online.org.uk Rhif ffôn y swyddfa: 01480 878409 Llinell gymorth: 0800 181 4420
Post-Traumatic Stress Disorder (PTSD) UK – A charity which aims to educate and raise awareness of PTSD, its causes, symptoms and the treatments available. Website: www.ptsduk.org	Anhwylder Straen Wedi Trawma (PTSD) y DU – Elusen sy'n ceisio addysgu a chodi ymwybyddiaeth o PTSD, ei achosion, ei symptomau a'r triniaethau sydd ar gael. Gwefan: www.ptsduk.org

R

Rape Crisis – A UK charity providing a range of services for women and girls who have experienced abuse, domestic violence, sexual assault, rape and/or experienced any other form of sexual violence at any time in their lives. Website: www.rapecrisis.org.uk	Rape Crisis – Elusen yn y DU sy'n cynnig amrywiaeth o wasanaethau ar gyfer merched a merched ifanc sydd wedi profi camdriniaeth, trais domestig, ymosodiad rhywiol, trais a/neu unrhyw fath arall o drais rhywiol ar unrhyw adeg yn eu bywydau. Gwefan: www.rapecrisis.org.uk
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R

Refugee Council – A UK-based organisation which works with refugees and asylum seekers. The organisation provides support and advice to refugees and asylum seekers, as well as support for other refugee and asylum seeker organisations. Website: www.refugeecouncil.org.uk	Cyngor Ffoaduriaid – Sefydliad sydd wedi'i leoli yn y DU sy'n gweithio gyda ffoaduriaid a cheiswyr lloches. Mae'r sefydliad yn rhoi cymorth a chyngor i ffoaduriaid a cheiswyr lloches, yn ogystal â chymorth i sefydliadau ffoaduriaid a cheiswyr lloches eraill. Gwefan: www.refugeecouncil.org.uk
Relate – A charity providing relationship support throughout the UK. Services include counselling, information and support for couples, families, young people and individuals. Website: www.relate.org.uk Telephone: 0300 100 1234	Relate – Elusen sy'n cynnig cymorth o ran perthnasoedd ledled y DU. Mae'r gwasanaethau'n cynnwys cwnsela, gwybodaeth a chymorth i gyplau, teuluoedd, pobl ifanc ac unigolion. Gwefan: www.relate.org.uk Ffôn: 0300 100 1234
Release – Provides free non-judgemental, specialist advice and information to the public and professionals on issues related to drug use and drug laws. Website: www.release.org.uk	Release – Mae'n cynnig gwybodaeth a chyngor arbenigol heb farnu am ddim i'r cyhoedd a gweithwyr proffesiynol am faterion yn ymwneud â defnyddio cyffuriau a chyfraith cyffuriau. Gwefan: www.release.org.uk
Rethink Mental Illness – Provides a wide range of services nationally and locally, including advocacy, carer support and crisis services. Website: www.rethink.org Telephone: 0121 522 7007	Rethink Mental Illness – Mae'n cynnig amrywiaeth eang o wasanaethau yn genedlaethol ac yn lleol, gan gynnwys eiriolaeth, cymorth i ofalwyr a gwasanaethau argyfwng. Gwefan: www.rethink.org Ffôn: 0121 522 7007
Rise – Cardiff's one stop specialist service for women experiencing violence against women particularly domestic abuse and sexual violence Website: https://rise-cardiff.cymru/ Telephone: 029 2046 0566	Rise – Gwasanaeth arbenigol un stop Caerdydd ar gyfer merched sy'n profi trais yn erbyn merched, yn enwedig cam-drin domestig a thrais rhywiol. Gwefan: https://rise-cardiff.cymru/ Ffôn: 029 2046 0566

S

Safeline – Specialist support service working with men and boys who have been raped or sexually abused. Website: www.safeline.org.uk National Male Survivors Helpline: 0808 800 5005	Safeline – Gwasanaeth cymorth arbenigol yn gweithio gyda dynion a bechgyn sydd wedi cael eu treisio neu eu cam-drin yn rhywiol. Gwefan: www.safeline.org.uk Llinell Gymorth Genedlaethol ar gyfer Goroeswyr Gwrywaidd: 0808 800 5005
Samaritans – Support if you're feeling suicidal; however, you don't have to be suicidal to call. Website: www.samaritans.org Helpline: 116 123 (call free any time, from any phone)	Samariaid – Cymorth os ydych yn teimlo'n hunanladdol; ond nid oes rhaid i chi deimlo'n hunanladdol i ffonio. Gwefan: www.samaritans.org Llinell gymorth: 116 123 (ffoniwch am ddim unrhyw bryd, o unrhyw ffôn)
Scope – A charity that exists to make this country a place where disabled people have the same opportunities as everyone else. Website: www.scope.org.uk For disability information call free: 0808 800 3333	Scope – Elusen sy'n bodoli i wneud y wlad hon yn fan lle mae pobl anabl yn cael yr un cyfleoedd â phawb arall. Gwefan: www.scope.org.uk I gael gwybodaeth am anabledde ffoniwch am ddim: 0808 800 3333
Seasonal Affective Disorder Association Website: www.sada.org.uk	Cymdeithas Anhwylderau Affeithiol Tymhorol Gwefan: www.sada.org.uk
Selfharm UK Website: www.selfharm.co.uk	Selfharm UK Gwefan: www.selfharm.co.uk
Sense – Supporting people who are deaf, blind, have sensory impairments or complex needs. Website: www.sense.org.uk Tel: 0300 330 9250	Sense – Cefnogi pobl sy'n fyddar, yn ddall, sydd â namau synhwyraidd neu anghenion cymhleth. Gwefan: www.sense.org.uk Ffôn: 0300 330 9250
Sleep Council UK Website: www.sleepcouncil.org.uk	Sleep Council UK Gwefan: www.sleepcouncil.org.uk

S

Stonewall – Stonewall campaigns for the equality of lesbian, gay, bisexual and trans people across Britain. Website: www.stonewall.org.uk	Stonewall – Mae Stonewall yn ymgyrchu dros gydraddoldeb pobl lesbiaidd, hoyw, deurywiol a thraws ar draws Prydain. Gwefan: www.stonewall.org.uk
Survivors of Bereavement by Suicide Website: www.uksobs.org.uk National helpline: 0300 111 5065	Goroeswyr Profedigaeth drwy Hunanladdiad Gwefan: www.uksobs.org.uk Llinell gymorth genedlaethol: 0300 111 5065

T

Terrance Higgins Trust – A British charity that campaigns on and provides services relating to HIV and sexual health. Website: www.tht.orgt.uk	Ymddiriedolaeth Terrance Higgins – Elusen Brydeinig sy'n ymgyrchu ar ac yn cynnig gwasanaethau sy'n ymwneud â HIV ac iechedd rhywiol. Gwefan: www.tht.orgt.uk
Time to Change Wales – A mental health campaign with the objective of reducing mental health-related stigma and discrimination. Website: https://www.timetochangewales.org.uk/en/	Amser i Newid Cymru – Ymgyrch iechedd meddwl gyda'r nod o leihau stigma a gwahaniaethu sy'n gysylltiedig ag iechedd meddwl. Gwefan: https://www.timetochangewales.org.uk/en/
Tourettes Action – A support and research charity working to improve the lives of people living with Tourette's syndrome. To access their services, which include a help desk, befriender network, information and resources. Website: www.tourettes-action.org.uk Helpdesk: 0300 777 8427	Tourettes Action – Elusen cymorth ac ymchwil sy'n gweithio i wella bywydau pobl sy'n byw gyda syndrom Tourette. Mynediad i'w gwasanaethau, sy'n cynnwys desg gymorth, rhwydwaith, gwybodaeth ac adnoddau. Gwefan: www.tourettes-action.org.uk Desg gymorth: 0300 777 8427

V

Victim Support – Providing support and information to victims or witnesses of crime. Website: www.victimsupport.org.uk	Cymorth i ddioddefwyr – Cynnig cefnogaeth a gwybodaeth i ddioddefwyr neu dystion troseddau. Gwefan: www.victimsupport.org.uk
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W

Wellbeing Community – Start up your own wellbeing community, join the network of wellbeing communities and learn more at: Website: www.thewellbeingcommunity.org.uk	Cymuned Lles – Dechreuwch eich cymuned lles eich hun, ymunwch â'r rhwydwaith o gymunedau lles a dysgwch fwy yn: Gwefan: www.thewellbeingcommunity.org.uk
Women's Aid – A national domestic violence support service. Website: www.womansaid.org.uk Telephone: 0808 2000 247 (Freephone 24 hour national domestic abuse helpline run in partnership between Women's Aid and Refuge)	Cymorth i Fenywod – Gwasanaeth cymorth trais domestig cenedlaethol. Gwefan: www.womansaid.org.uk Ffôn: 0808 2000 247 (llinell gymorth genedlaethol cam-drin domestig 24 awr rhadffôn sy'n cael ei rhedeg mewn partneriaeth rhwng Cymorth i Fenywod a Refuge)
Workplace Mental Health Support Service (Remploy in partnership with Access to Work). A government run programme delivered by Jobcentre Plus to help overcome barriers that disabled people come across in getting into or retaining employment. The programme provides advice, a possible assessment of a person's disability needs in the workplace, and if required, a financial grant towards the cost of any necessary support. The service can provide advice where requires support or adaptations beyond those "reasonable adjustments" which an employer is legally obliged to provide under the Equality Act 2010. Website: www.direct.gov.uk	Gwasanaeth Cymorth Iechyd Meddwl yn y Gweithle (Remploy mewn partneriaeth â Mynediad i Waith). Rhaglen sy'n cael ei rhedeg gan y llywodraeth gan y Ganolfan Byd Gwaith i helpu i oresgyn y rhwystrau y mae pobl anabl yn eu hwynebu o ran cael mynediad i gyflogaeth neu gynnal cyflogaeth. Mae'r rhaglen yn cynnig cyngor, asesiad posibl o anghenion anabledd person yn y gweithle, ac os oes angen, grant ariannol tuag at y gost o unrhyw gymorth sydd ei angen. Gall y gwasanaeth roi cyngor lle mae angen cymorth neu addasiadau y tu hwnt i'r "addasiadau rhesymol" hynny y mae rhwymedigaeth gyfreithiol ar gyflogwr i'w darparu o dan Ddeddf Cydraddoldeb 2010. Gwefan: www.direct.gov.uk