

# Supporting you with Mental Health

'Supporting You' is a service for people experiencing mild to moderate mental health and emotional well-being challenges.

If you are registered with a primary care practice in Rhondda, your GP or Primary Care Mental Health Support Service can refer you.

You will get a phone call from a qualified practitioner in Mind's Supporting You team. They will ask you some questions to make sure the service is right for you. If it is, they will arrange sessions at a time that works for you, either on the phone, or at a GP practice.

You can expect:

- Bespoke support for your personal situation
- A confidential service provided by trained staff
- Help with learning new coping skills
- Improved emotional well-being

If you need any of the following, Supporting You is **not** the right service, and your GP will seek support for you from another team:

- Trauma therapy
- Support for severe anxiety disorder, health anxiety, OCD, PTSD, trichotillomania, eating disorders, or phobias
- Neurodiversity assessment/diagnosis
- Crisis interventions
- Long-term therapeutic support
- Help with long-term chronic or severe depression, bi-polar disorder, personality disorder, dual diagnosis or substance misuse



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 I can feel the changes, and I don't want the sessions to end. The best way I can put it, is the service has changed my life. 

# Cymorth i Chi gyda'ch iechyd meddwl

'Mae 'Cymorth i Chi' yn wasanaeth i bobl sy'n profi heriau iechyd meddwl a llesiant emosiynol ysgafn i gymedrol.

Os ydych chi wedi cofrestru gyda phractis gofal yn Rhondda, gall eich meddyg teulu neu eich Gwasanaeth Cymorth Iechyd Meddwl Gofal Sylfaenol Lleol eich atgyfeirio.

Byddwch chi'n cael galwad ffôn gan ymarferydd cymwysedig o dîm 'Cymorth i Chi' Mind. Byddan nhw'n gofyn rhai cwestiynau i chi i sicrhau bod y gwasanaeth hwn yn addas i chi. Os ydy'r gwasanaeth yn addas, byddan nhw'n trefnu sesiynau ar adeg sy'n gyfleus i chi, naill ar y ffôn neu mewn meddygfa.

Byddwch chi'n cael:

- Cymorth pwrpasol ar gyfer eich sefyllfa bersonol chi
- Gwasanaeth cyfrinachol gan staff hyfforddedig
- Cymorth i ddysgu sgiliau newydd i ymdopi
- Llesiant emosiynol gwell

Os oes angen unrhyw un o'r gwasanaethau canlynol arnoch chi, NID Cymorth i Chi yw'r gwasanaeth addas ar eich cyfer, a bydd eich meddyg teulu yn trefnu eich bod yn cael cymorth gan dîm arall:

- Therapi Trawma
- Cymorth ar gyfer anhwylder gorbryder difrifol, gorbryder ynghylch iechyd, anhwylder obsesiynol cymhellol (OCD), anhwylder straen wedi trawma (PTSD), trichotillomania, anhwylderau bwyta, neu ffobiâu
- Asesiad Niwroamrywiaeth
- Diagnosis ac ymyriadau mewn argyfwng
- Cymorth therapiwtig hirdymor
- Cymorth gydag iselder hirdymor cronig neu ddifrifol, anhwylder deubegynol, anhwylder personoliaeth, diagnosis deuol neu gamddefnyddio sylweddau

