

Cymorth Iechyd Meddwl Ar-lein gan GIG Cymru

Cefnogaeth hyblyg, yn rhad
ac am ddim ar eich ffôn,
gliniadur neu lechen.

Online Mental Health Support from NHS Wales

Free and flexible help on
your phone, laptop or tablet



Cofrestrwch a
dechreuwch arni heddiw

nhs.wales.silvercloudhealth.com/signup



GIG
CYMRU
NHS
WALES



Sign up and start today

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Mae rhaglenni ar-lein SilverCloud Cymru ar gyfer oedolion, myfyrwyr, pobl ifanc, rhieni a gofalwyr.

Mae cyrsiau ar gyfer popeth o orbryder, straen ac iselder ysgafn i gymedrol, i faterion gan gynnwys cwsg gwael, delwedd y corff a phryderon ariannol.

Gall gofalu am eich iechyd meddwl heddiw helpu atal problemau mwy difrifol rhag datblygu.

- Dim rhestr aros
- Mynediad 24/7
- Ewch ar drywydd sy'n siwtio chi, pan fydd yn gyfleus i chi

SilverCloud Wales' online programmes are for adults, students, young people, parents and carers.

You'll find courses for everything from mild-to-moderate anxiety, stress and depression, to issues including poor sleep, body image and money worries.

Taking care of your mental health today can help prevent more serious problems developing.

- No waiting list
- 24/7 Access
- Go at your own pace, in your own time



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by Amwell[®]