



Llywodraeth Cymru
Welsh Government

Pecyn cymorth iechyd meddwl pobl ifanc

Chwe chategori o adnoddau digidol i gefnogi eich iechyd meddwl a'ch lles.

Mae pob adnodd yn cynnwys dolenni i wefannau, apiau, llinellau cymorth, a mwy sydd wedi'u cynllunio i roi'r gallu i chi i hybu eich lles.

Am ragor o wybodaeth ewch i <https://bit.ly/ypmhcty>

Young person's mental health toolkit

Six categories of digital resources to support your mental health and well-being.

Each section contains links to websites, apps, helplines, and more that are designed to give you tools to boost your well-being.

To get started, go to <https://bit.ly/ypmhctn>

