

melo,



Eich helpu chi i ofalu am eich lles meddyliol

Er na allwn ddatrys problemau bywyd, gallwn eich helpu i ddod o hyd i ffyrdd gwell i ymdopi â hwy.

Ewch i **melo.cymru** i gael gwybodaeth am gyfleoedd, adnoddau a chysiau lleol i'ch helpu i ddod o hyd i ffyrdd i ofalu am eich lles meddyliol.

Free mental wellbeing resources, courses & support.

Ewch i www.melo.cymru/cy

Dilynwch ni @melo_cymru

Sganiwch fi



Helping you to look after your mental wellbeing

While we can't take away life's problems, we can help you find better ways to cope with them.

Visit **melo.cymru** for information on local opportunities, resources and courses to help you find ways to look after your mental wellbeing.

Free mental wellbeing resources, courses & support.

Visit www.melo.cymru

Follow us @melo_wales

Scan me



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Mae Bwrdd Iechyd Prifysgol Aneurin Bevan wedi datblygu'r wefan hon er mwyn hybu lles meddyliol pobl sy'n byw ac yn gweithio yn yr ardaloedd hyn; Torfaen, Casnewydd, Sir Fynwy, Caerffili, Blaenau Gwent.

Aneurin Bevan University Health Board have developed this website with partners to look after the mental wellbeing of people living and working in these areas; Torfaen, Newport, Monmouthshire, Caerphilly, Blaenau Gwent.