

**Rhestr o Linellau Cymorth ac Apiau Hunanofal ar gyfer disgyblion oed Cynradd
(4-11 mlwydd oed)**

A list of Support Lines and Self Care Apps for Primary aged pupils.
(4-11 years of age)

Mae'r rhestr yn cynnwys llinellau cymorth ar gyfer y meysydd canlynol:

The list includes support lines for the following areas:

Iechyd Meddyliol ac Emosiynol / Mental & Emotional Health

Profedigaeth / Bereavement

Unigolion LHDT+C / LGBT+Q individuals

Hunan Niweidio a Meddyliau Hunanladdol/ Self-harm & Suicidal Thoughts

Anhwylderau Bwyta / Eating Disorders

Caethiwed / Addiction

Apiau Hunanofal / Self-Care Apps

Llinell Gymorth / Support Line

Plant Ysgolion Cynradd / Primary School aged Children



Mae ChildLine yn Wasanaeth Cyfrinachol, preifat sy'n rhad ac am ddim lle gall plant a phobl ifanc siarad am unrhyw beth, mawr neu fach. Gall ChildLine helpu unrhyw un o dan 19 oed gydag unrhyw faterion maen nhw'n mynd drwyddynt. Bydd cwnselwyr hyfforddedig ar gael i ddarparu cefnogaeth dros y ffôn, drwy e-bost neu drwy sgwrsio ar y we.

Childline is a free, private and Confidential Service where Children & Young People can talk about anything, big or small. Childline can help anyone under the age of 19 with any issues they're going through. Trained counsellors will be available to provide support via phone, e-mail o'r on-line chat.

Mynediad i'r llinell gymorth / Access to the support line

Saesneg / English

<https://www.childline.org.uk/info-advice/>
<https://www.childline.org.uk/get-support/>
<https://www.childline.org.uk/get-support/ask-sam/>

Gallwch gysylltu gyda Childline trwy gyfrwng y Gymraeg hefyd:
You can also contact Childline through the medium of Welsh

<https://www.childline.org.uk/get-support/contacting-childline/contacting-childline-in-welsh/>

Ffôn / Phone: **0800 1111**



Mae'r wefan hon yn darparu lle i ddysgu am gyflyrau iechyd meddwl gwahanol, i gael cymorth a gwybodaeth am ble i gael cymorth pellach drwy gyfrwng y Gymraeg. Yn ogystal, mae'n rhoi cyfle i unigolion rannu a darllen am brofiadau pobl eraill.

This website provides a space to learn about different mental health conditions, to find support & information regarding where to obtain further assistance from through the medium of Welsh. In addition it provides an opportunity for individuals to share and read about the experiences of others.

Cymraeg / Welsh

<https://meddwl.org/pobl-ifanc/>
<https://meddwl.org/pobl-ifanc/plant/>
<https://meddwl.org/cymorth/>

<https://meddwl.org/meddwl-org-who-what-and-why/>



Llinell gymorth gwybodaeth, cyngor ac eiriolaeth i blant a phobl ifanc dan 25 oed. Bydd Meic yn gallu gwrandao ar unrhyw bryderon heb farnu. Darperir gwasanaeth sgwrsio ar lein hefyd.

A support line that provides information, advice and advocacy for children & young people under 25 years of age. An online chat service is also available.

Dwyieithog / Bilingual

<https://www.meiccymru.org/cym/>
<https://www.meiccymru.org/>

Rhadffon / Freephone: 080880 23456

Testun / Text: 84001

Sgwrsio ar y we ar gael hefyd / Online chat service also available



Nod y wefan hon yw darparu'r offer sydd ei angen ar deuluoedd a'u plant i wneud dewisiadau iach. Mae'n cynnwys ardal benodol ar gyfer 'plant' gydag adran benodol ar Emosiynau ac Ymddygiad yn darparu strategaethau ar sut i ymdopi â rhai emosiynau a sefyllfaoedd.

This website aims to provide families and their children with the tools to make healthy choices, It includes a specific area for 'kids' with a specific section on Emotions & Behaviour providing strategies on how to cope with certain emotions and situations.

Saesneg / English

<https://kidshealth.org/en/kids/feeling/?WT.ac=k-nav-feeling#catemotion>

Llinell Gymorth / Support Line

Plant Ysgolion Cynradd / Primary School aged Children



Mae 'Llondceg' yn AP cyngor dwyieithog rhad ac am ddim sy'n llawn cymorth a chynghor gan gyfoedion am yr holl bethau sydd o wir bwys i bobl ifanc, o ddelio â straen gwaith cartref i rieni wedi ysgaru i secstio a hunan-niweidio. Mae'r Ap yn mynd i'r afael â'r holl faterion MAWR a bach y mae plant yn eu hwynebu heddiw.

Llondceg is a free bilingual Advice APP crammed full of help and Peer advice about all the things that really matter to young people, from dealing with homework stress to parents getting divorced to sexting & self-harm. The App tackles all the BIG and small issues that children are faced with today.

Mynediad i'r llinell gymorth / Access to the support line

Dwyieithog / Bilingual

<http://www.s4c.cymru/cy/adloniant/llond-ceg/>
<http://www.s4c.cymru/en/entertainment/llond-ceg/>



Sefydliad Elusen Iechyd Meddwl yw Mind sy'n darparu plattform o gefnogaeth a chynghor i unigolion o ran Iechyd a Lles Meddwl. Mae gan ei wefan adran benodol ar gyfer plant a phobl ifanc.

Mind is a Mental health Charity Organisation that provides a platform of support & advice for individuals regarding Mental Health & Well-being. Its website has a specific section dedicated to Children & young people.

Dwyieithog / Bilingual

<https://www.mind.org.uk/cy/gwybodaeth-ar-gyfer-pobl-ifanc/>
<https://www.mind.org.uk/information-support/for-children-and-young-people/>



Mae Elefriends yn gymuned ar-lein gefnogol lle gallwch chi deimlo'n gartrefol yn siarad am eich iechyd meddwl a chysylltu ag eraill sy'n deall yr hyn rydych chi'n mynd drwyddo. Mae Elefriends yn blatfform diogel a chyfrinachol sydd ar gael 24/7 ac wedi'i gymedroli bob dydd rhwng 8.30am a hanner nos.

Elefriends is a supportive online community where you can feel at home talking about your mental health and connect with others who understand what you are going through. Elefriends is a safe and confidential platform that is available 24/7 and moderated daily from 8.30am to midnight.

<https://www.mind.org.uk/information-support/elefriends-our-online-community/>



Mae 'Young Minds' yn blatfform sy'n darparu cefnogaeth ac arweiniad i blant a phobl ifanc am deimladau, symptomau a chyflyrau iechyd. Mae'n hysbysu unigolion o ble y gallant geisio cymorth ac ar sut i wella eu hiechyd meddwl. Cynghor i Rieni a Gofalwyr hefyd.

Young Minds is a platform which provides support & guidance to children & young people about feelings, symptoms & health conditions. It informs individuals from where they can seek help and on how to improve their mental health. Advice for Parents & Carers too.

Saesneg / English

<https://youngminds.org.uk/>
<https://youngminds.org.uk/find-help/>



Llinell gymorth 24/7 awr ar gyfer unrhyw un sy'n ei chael hi'n anodd ymdopi ac sydd angen rhywun i wrando heb farnu neu bwysau. Llinell gymorth sy'n cynnig clust i wrando a chefnogaeth ar adegau o angen.

A 24/7 hour helpline for anyone who is struggling to cope and who needs someone to listen without judgement or pressure. A helpline which offers a listening ear and support in times of need.

<https://www.samaritans.org/wales/how-we-can-help/schools/young-people/>
<https://www.samaritans.org/wales/how-we-can-help/contact-samaritan/talk-us-phone/>
<https://www.samaritans.org/wales/how-we-can-help/contact-samaritan/welsh-language-phone-line/>
Llinell Ffôn Gymraeg / Welsh Free Phone Line: 0808 164 0123
Ffôn / Free Phone: 116 12

Llinell Gymorth / Support Line

Plant Ysgolion Cynradd / Primary School aged Children



Addas ar gyfer unigolion o dan 25 oed / Suitable for individuals under 25 years of age
Mae'r 'Mix' yn cynnig cefnogaeth a chymorth i unrhyw berson ifanc gydag unrhyw fater y gallent fod yn ei wynebu, o faterion iechyd meddwl i ddadlau gyda ffrind. Gall unigolion siarad â chwrselydd ar-lein neu'n gyfrinachol dros y ffôn.

The Mix offers support & help to any young person with any issue they may be facing, from mental health issues to arguing with a friend. Individuals can talk to a counsellor on-line or confidentially over the phone.

Mynediad i'r llinell gymorth / Access to the support line

Saesneg / English

<https://www.themix.org.uk/>

Free phone: 0808 808 4994

Gwasanaeth sgwrsio ar-lein / 1-2-1 online chat service available
Crisis Messenger service available



Elusen Gofrestredig annibynnol, ydy Area 43, a leolir yn Aberteifi, Gorllewin Cymru, sy'n darparu gwasanaethau cwnsela i'r rhai rhwng 10 a 30 mlwydd oed.

Area 43 is an independent Registered Charity, based in Cardigan, West Wales, providing counselling services to those aged between 10 and 30 years of age.

Dwyieithog / Bilingual

Yn ystod yr amser mae ysgolion Sir Gâr ar gau, bydd cwnselwyr ysgolion Area 43 yn cynnig cwnsela o bell, fesul Zoom, plattform ar-lein gan ddefnyddio dolen tectst, clywedol neu fideo neu dros y ffôn.

I gael mynediad i gefnogaeth cwnsela, a wnewch chi gwblhau dolen hunan-gyfeirio (ar gyfer plant/pobl ifanc blwyddyn 5 ac yn hŷn yn Sir Gâr) a bydd cwnselydd yn cysylltu gyda chi yn uniongyrchol.

<https://www.area43.co.uk/cy/cyfeirio/>

During the time that Carmarthenshire schools are closed, Area 43's schools counsellors will be offering counselling remotely, via Zoom, an online platform using text, audio or video link or over the phone.

To access counselling support, please complete the self-referral (for children/young people from year 5 and older in Carmarthenshire) and a counsellor will contact you directly.

<https://www.area43.co.uk/referrals/>

Ffôn / Phone: 0800 0385778 01239 614556

E-mail / E-bost: dropin@area43.co.uk



Mae 'Anxiety UK' yn Elusen Gofrestredig Genedlaethol sy'n cael ei rhedeg gan bobl sy'n profi ac yn byw gydag anhwylderau pryder a gefnogir gan banel cynghori meddygol proffil uchel. Mae'n darparu rhyddhad a chefnogaeth i'r rhai sy'n byw gydag anhwylderau sy'n seiliedig ar bryder trwy ddarparu gwybodaeth, cefnogaeth a dealltwriaeth.

Anxiety UK is a National Registered Charity which is run by people experiencing & living with anxiety disorders supported by a high-profile medical advisory panel. Provides relief & support for those living with anxiety by providing information, support & understanding.

Saesneg / English

<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

Gwasanaeth / Text Service available: 07537416905

E-bost / E-mail: support@anxietyuk.org.uk

Llinell gymorth / Helpline: 03444 775 774

Llinell Gymorth / Support Line

Plant Ysgolion Cynradd / Primary School aged Children



Daethpwyd o hyd i'r canllawiau hunangymorth yma ar Anhwylder Gorfodaeth Obsessiynol, ar wefan Anxiety UK. Cynhyrchwyd y canllawiau yma ar y cyd gan GIG Coventry a Warwickshire.

These self-help guides were found on the Anxiety UK website. The guides were produced by Coventry and Warwickshire Partnership NHS trust.

Mynediad i'r llinell gymorth / Access to the support line

Saesneg / English

Obsessive Compulsive Disorder: A Young Person's Self-Help Guide:
<https://www.anxietyuk.org.uk/wp-content/uploads/2010/06/Obsessive-Compulsive-Disorder-A-young-persons-self-help-guide.pdf>

A Parent/Carer Self-Help Guide:

Helping your Child with Obsessive Compulsive Disorder:
<https://www.anxietyuk.org.uk/wp-content/uploads/2010/06/Helping-your-child-with-Obsessive-Compulsive-Disorder.pdf>



Mae gwefan y GIG yn cynnwys llawer o wybodaeth ddefnyddiol ynghylch iechyd meddwl ac emosiynol plant, megis pwysigrwydd cwsg. Ewch i'r wefan drwy glicio ar y ddolen er mwyn derbyn rhagor o wybodaeth am fanteision cwsg ar Iechyd Meddwl.

The NHS website contains lots of useful information regarding the mental and emotional health of children, such as the importance of sleep. Please visit the website by clicking on the link provided to discover further the benefits sleep has on mental health.

Saesneg / English

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>



Mae'r wefan hon ar gyfer unrhyw un sydd eisiau helpu plant â phryder: Rhieni / Llywodraethwyr ac Athrawon. Mae'n darparu offer ac arweiniad am ddim ar sut i gefnogi plant â phryder.

This website is for anyone who wants to help children with anxiety: Parents / Governors and Teachers. Provides free tools and guidance on how to support children with anxiety.

Saesneg / English

<https://www.comfortinganxiouschildren.com/>
<https://www.comfortinganxiouschildren.com/best-products-anxious-kids/#mind>

Canllaw am ddim i Rhieni / Gwarchodwyr:

A free guide to parents:

<https://www.comfortinganxiouschildren.com/guide/>



Datblygwyd y wefan hon i ddarparu gwybodaeth am y gwasanaeth cymorth iechyd meddwl sylfaenol lleol (LPMHSS) yn Sir Gaerfyrddin, Ceredigion a Sir Benfro. Ei nod yw darparu adnoddau a gwybodaeth ar-lein hawdd eu cyrraedd ar faterion iechyd meddwl er mwyn galluogi pobl i helpu eu hunain a gwybod ble i gael gfael ar gymorth pellach pe bai ei angen arnynt

This website has been developed to provide information on the local primary mental health support service (LPMHSS) in Carmarthenshire, Ceredigion and Pembrokeshire. It aims to provide easily accessible online resources and information on mental health issues to enable people to self-help and know where to access further support should they need it.

Dwyieithog / Bilingual

Cymraeg / Welsh:

<http://www.iawn.wales.nhs.uk/home>

Saesneg / English

<http://www.iawn.wales.nhs.uk/home>

Cymraeg / Welsh:

<http://www.iawn.wales.nhs.uk/cymorth-ar-gyfer-plant-a-phobl-ifanc>

Saesneg / English

<http://www.iawn.wales.nhs.uk/support-for-children-and-young-people>

Llinell Gymorth / Support Line

Plant Ysgolion Cynradd / Primary School aged Children



Mae SupportLine yn darparu llinell gymorth gyfrinachol dros y ffôn sy'n cynnig cefnogaeth emosiynol i unrhyw unigolyn ar unrhyw fater. Gwasanaeth ataliol yn bennaf yw'r Llinell Gymorth a'i nod yw cefnogi pobl cyn iddynt gyrraedd y pwynt argyfwng. Mae wedi'i anelu'n arbennig at y rheini sydd wedi'u hynysu'n gymdeithasol, yn agored i niwed, mewn grwpiau risg ac yn ddiodefwrwr unrhyw fath o gamdriniaeth. Mae SupportLine yn aelod o'r Gymdeithas Helplines. Mae SupportLine hefyd yn darparu cefnogaeth trwy e-bost a phost.

SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse. SupportLine is a member of the Helplines Association. SupportLine also provides support by email and post.

Mynediad i'r llinell gymorth / Access to the support line

Saesneg / English

<https://www.supportline.org.uk/about/about-supportline/>
<https://www.supportline.org.uk/problems/>

Llinell gymorth / Helpline: 01708 765200

E-bost / E-mail: info@supportline.org.uk



Mae Action for Children yn cynnig arweiniad, syniadau cymorth ymarferol ac emosiynol i blant a phobl ifanc megis gweithgareddau ysgrifennu a phecynnau cymorth. Mae cefnogaeth hefyd ar gael i'r teulu cyfan.

Action for Children offers guidance, practical and emotional support ideas for children & young people such as writing activities & toolkits. Support is also available for the whole family.

Dwyieithog / Bilingual

<http://13.79.170.12/what-we-do/children-young-people/>
<http://13.79.170.12/support-for-parents/children-s-mental-health/>
https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/children-s-anxiety/?_ga=2.49177638.160273147.1591019279-1098106220.1591019279
<http://13.79.170.12/what-we-do/children-young-people/mental-health/>

Gweithgareddau ysgrifennu a all hyrwyddo iechyd meddwl:

Cymraeg / Welsh (CA2)

<http://13.79.170.12/what-we-do/children-young-people/mental-health/cant-talk-write/>

Saesneg / English: (KS2)

http://13.79.170.12/media/12797/1079_cant-talk-write-toolkits_young-persons.pdf



Crëwyd y wefan hon i bobl ifanc, gofalwyr a gweithwyr proffesiynol er mwyn cyfuno llawer o adnoddau defnyddiol sydd ar gael ar draws y rhyngwrwd i helpu cefnogi iechyd meddwl a lles unigolyn. Mae'r gwefannau yn darparu adnoddau am ddim gan gynnwys llyfrau, dogfennau canllaw a gweithgareddau y gellir eu lawrlwytho o'r wefan.

This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support a person's mental health and well-being. The websites provides free resources including books, guidance documents and activities which can be downloaded from the site.

Saesneg / English

<https://www.camhs-resources.co.uk/>

Mae'r wefan hon yn cynnwys nifer o adnoddau a llinellau cymorth ynghylch sawl maes o fewn iechyd meddwl ac emosiynol.

This site includes numerous resources regarding several areas within mental health.

Llinell Gymorth / Support Line

Plant Ysgolion Cynradd / Primary School aged Children



Mae 'Happime' yn brosiect sy'n ceisio helpu plant a phobl ifanc ddelio â gofid, gorbryder ac anhapusrwydd trwy ddarparu offer sydd eu hangen arnynt i ddatblygu sgiliau deallusrwydd emosiynol a gwytnwch cryf. Ei nod hefyd yw helpu unigolion i dderbyn eu hunain yn union fel ag y maent.

Mae yna gostau i'r gwasanaethau a ddarperir ond mae'r wefan yn darparu gwybodaeth am rai technegau megis 'Happytapping' ac yn arwyddo plant a phobl ifanc i lyfrau defnyddiol a llinellau cymorth eraill sydd ar gael.

'Happime' is a project that aims to help children & young people to deal with worry, anxiety and unhappiness by providing them with tools that they need to develop strong emotional intelligence & resilience skills. Its aim is also to help individuals to accept themselves exactly as they are.

There are costs to the services provided but the website does provide information regarding certain techniques such as Happytapping and sign-posts children and young people to useful books and other support lines available.




Mynediad i'r llinell gymorth / Access to the support line



Saesneg / English

<https://www.happi-me.info/>

<https://www.happi-me.info/resources-for-children.html>

<https://www.happi-me.info/apps--books.html>

<p align="center">Llinell Gymorth / Support Line Plant Ysgolion Cynradd / Primary School aged Children Profedigaeth / Bereavement</p>	<p align="center">Mynediad i'r Llinell Gymorth / Access to the Support Line</p>
 <p>Addas ar gyfer disgyblion blwyddyn 6 / Appropriate for pupils in Year 6 Gêm yw 'Apart of Me' sy'n darparu lle diogel i bobl ifanc alaru, lle gallant glywed gan eraill sy'n gwybod sut mae'n teimlo a dod o hyd i gryfder a doethineb. Profiad unigryw sy'n siarad eu hiaith, pryd bynnag y mae ei angen arnynt, mewn fformat y maent yn ei ddeall, wedi'i gynllunio'n benodol ar eu cyfer.</p> <p>Fe'i cynlluniwyd ar gyfer pobl ifanc 11 oed ac yn hŷn sydd wedi colli rhiant neu berthynas agos arall, mae hefyd ar gyfer y rhai sydd â rhywun pwysig yn eu bywyd sy'n dioddef o salwch angheuol.</p> <p>Mae ymchwil yn dangos bod y gynulleidfa graidd yn bobl ifanc 13-16 oed. Derbyniodd adborth bod oedolion hefyd yn gweld y gêm yn ystyrlon a bod llawer o blant iau wrth chwarae gydag oedolyn wedi cael budd mawr ohonni.</p> <p>'Apart of Me' is a game that provides young people with a safe space to grieve, where they can hear from others who know how it feels and find strength and wisdom. A unique experience that talks their language, whenever they need, in a format they understand, designed specifically for them.</p> <p>It has been designed for young people 11 years and older who have lost a parent or other close relative, also those who have someone important in their life with a terminal illness.</p>	<p><i>Saesneg / English</i></p> <p>https://apartofme.app/about/</p> <p>Mae 'Apart of Me' bellach ar gael am ddim yn y Deyrnas Unedig o'r iOS App Store ac ar Google Play.</p> <p>'Apart of Me' is now freely available in the UK from both the iOS App Store and on Google Play.</p>
 <p>Mae Cruse Bereavement Care yn elusen genedlaethol arweiniol. Ei chenhadaeth yw cynnig cefnogaeth, cyngor a gwybodaeth i blant, pobl ifanc ac oedolion pan fydd rhywun yn marw a gwella gofal cymdeithas o bobl mewn profedigaeth.</p> <p>Cruse bereavement Care is a lead national charity. Its mission is to offer support, advice and information to children, young people and adults when someone dies and to enhance society's care of bereaved people.</p>	<p><i>Saesneg / English</i></p> <p>https://www.cruse.org.uk/get-help/about-grief</p> <p>https://www.cruse.org.uk/about-cruse</p> <p>Llinell Gymorth / Helpline: 0808 8081677</p>
 <p>Mae 'Grief Encounter' yn darparu gwasanaeth profedigaeth am ddim i blant a'u teuluoedd i helpu i leddfu'r boen a achosir gan farwolaeth un agos. Mae'n darparu mynediad at adnoddau a all helpu'r rhai sy'n galaru i gyfleu eu teimladau a sut maen nhw'n ymdopi.</p> <p>Grief encounter provides a free bereaved service for children and their families to help alleviate the pain caused by the death of a close one. Provides access to resources that can help those who are grieving to communicate their feelings and how they're coping.</p>	<p><i>Saesneg / English</i></p> <p>https://www.griefencounter.org.uk/ https://www.griefencounter.org.uk/child-bereavement-support/ https://www.griefencounter.org.uk/young-people/</p> <p>Gwasanaeth sgwrsio ar-lein un i un ar gael</p> <p>One to one on-line chat service available</p> <p>Llinell gymorth / Helpline: 0808 802 0111 9yb-9yh – Dydd Llun i Dydd Gwener 9am-9pm – Monday to Friday</p>

Llinellau Cymorth / Support Lines Profedigaeth / Bereavement	Mynediad i'r Llinell Gymorth / Access to the Support Line
 <p>Mae 'Hope Again' yn rhan o wefan 'Cruse Bereavement Care' ar gyfer pobl ifanc. Mae Cruse yn elusen genedlaethol sy'n darparu cefnogaeth, cyngor a gwybodaeth i blant, pobl ifanc ac oedolion pan fydd rhywun sy'n agos atynt yn marw. Mae'n darparu mynediad i straeon personol eraill, adnoddau clip fideo a blog.</p> <p>Hope Again is Cruse Bereavement Care's website for young people. Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies. It provides access to the personal stories of others, video clip resources and a blog.</p>	<p><i>Dwyieithog/ Bilingual</i></p> <p>https://cy.hopeagain.org.uk/ https://www.hopeagain.org.uk/</p>
 <p>Mae 'Winston's Wish' yn darparu cefnogaeth therapiwtig i blant a phobl ifanc sydd wedi cael profedigaeth dros y ffôn, drwy e-bost ac wyneb yn wyneb ynghyd ag adnoddau fideo ar-lein.</p> <p>Winston's Wish provides therapeutic support to bereaved children & young people by phone, e-mail and face to face methods along with online video resources.</p>	<p><i>Saesneg / English</i></p> <p>https://www.winstonswish.org/supporting-you/</p> <p>Llinell Gymorth / Free helpline: 08088 020 021²</p> <p>Email / E-bost: ask@winstonswish.org</p> <p>Mae gwasanaethau sgwrsio ar-lein, cefnogaeth wyneb yn wyneb a gwasanaethau negesydd ar-lein ar gael hefyd.</p> <p>Online chat, face to face support and online messenger services available.</p>

Llinell Gymorth / Support Line
Unigolion LHDT+C / LGTB+Q individuals

Mynediad i'r Llinell Gymorth / Access to the Support Line

Addas ar gyfer disgyblion 9-11 oed / Suitable for pupils 9-11 years old



Mae Stonewall Cymru'n darparu gwybodaeth a chefnogaeth i gymunedau LHDT + C ac mae ganddo adran ar ei wefan sy'n benodol i bobl ifanc. Mae gwybodaeth ynghylch 'Dod Allan', Trawsnewid a Throseddau Casineb ar y wefan.

Stonewall Cymru Provides information & support for LGBT+Q communities and has a section on its website specific to young people. Information regarding 'Coming Out', Transitioning and Hate crime is shared on the website.

Dwyieithog/ Bilingual

<https://www.stonewallcymru.org.uk/cy>
<https://www.stonewallcymru.org.uk/cy/cymorth-chyngor>
<https://www.youngstonewall.org.uk/>
<https://www.youngstonewall.org.uk/get-support>

**Cysylltwch a'r Gwasanaeth Gwybodaeth a Chefnogaeth ar:
Rhadffon: 0800 50 20 20. Llinellau ar agor rhwng 9.30yb – 4:30yp, Dydd Llun i Ddydd Gwener.**

Contact the Information & Support service on:
Freephone: 0800 50 20 20. Lines are open from 9:30am-4:30pm from Monday to Friday.







Mae 'Mermaids' yn cefnogi plant a phobl ifanc amrywiol eu rhyw tan eu pen-blwydd yn 20 oed yn ogystal â'u teuluoedd. Mae'r sefydliad yn helpu pobl ifanc i ymdopi'n well â'r trallod meddyliol ac emosiynol, gwella eu hunan-barch a'u sgiliau cymdeithasol. Mae'n darparu cefnogaeth trwy gymunedau diogel ar-lein a grwpiau cymunedol lleol, gwasanaeth llinell gymorth ac adnoddau gwe.

Mermaids supports gender diverse children & young people until their 20th birthday as well as their families. The organisation helps young people cope better with the mental & emotional distress, improve their self-esteem and social skills. It provides support via secure online communities and local community groups, helpline.

Saesneg / English

<https://mermaidsuk.org.uk/about-us/>
<https://mermaidsuk.org.uk/young-people/>

<p style="text-align: center;">Llinell Gymorth / Support Line</p> <p style="text-align: center;">Hunan Niweidio a Meddyliau Hunanladdol / Self-harm and Suicidal Thoughts</p>	<p style="text-align: center;">Mynediad i'r Llinell Gymorth / Access to the Support Line</p>
<p>Better Stop Suicide</p> <p style="text-align: center;">Addas ar gyfer plant, plant yn eu harddegau ac oedolion Suitable for Children, teenagers and adults.</p>  <p>Mae hwn yn ap rhad ac am ddim sy'n defnyddio technegau seicolegol a thechnoleg i atal pobl rhag cyflawni hunanladdiad. Mae'r nodweddion allweddol yn cynnwys ffeiliau sain tawelu, cysylltiadau ffôn allweddol, rhestr wirio anghenion emosiynol a thasg defnyddiol i deimlo'n well a fydd yn gwella eich cwsg.</p> <p>This is a free app using world-leading psychological techniques and technology to stop people from committing suicide. Key features include calming audio files, key phone contacts, emotional needs 'quick' checklist and a helpful task to feel better which will improve your sleep.</p>	<p><i>Saesneg / English</i></p> <p>https://www.thebetterappcompany.com/better_stop_suicide</p> <p>https://apps.apple.com/gb/app/better-stop-suicide/id1451620546</p> <p>Addas ar gyfer plant 4 oed ac yn hŷn Suitable for children aged 4 and older</p> <p>Bydd hyd at 6 aelod o'r teulu yn gallu defnyddio'r ap hwn pan fydd yr opsiwn 'Family Sharing' wedi'i alluogi.</p> <p>Up to 6 family members will be able to use this app when 'Family Sharing' is enabled</p>
 <p style="text-align: center;">Addas ar gyfer disgyblion bl 5 a 6 / Suitable for pupils in years 5 & 6</p> <p>Mae'r sefydliad di-elw hwn yn darparu ffyrdd cadarnhaol a chreadigol o ddelio â dyddiau gwael. Rhennir straeon personol er mwyn ysbrydoli unigolion i roi cynnig ar wahanol ddulliau ymdopi yn ogystal â darparu cefnogaeth, cyngor ac anogaeth. Mae'r sefydliad hefyd yn cynnig rhestr o sefydliadau ac apiau defnyddiol eraill y gellir eu defnyddio</p> <p>This non-profit organisation provides positive & creative ways of dealing with bad days. Personal stories are shared in order to inspire individuals to try different coping methods in addition to providing support, encouragement & advice. The organisation also provides a list of other helpful organisations and apps that can be used.</p>	<p><i>Saesneg / English</i></p> <p>https://hatw.co.uk/about-us/</p> <p>https://hatw.co.uk/helplines/#helpline-title</p> <p>https://hatw.co.uk/things-to-try/</p> <p>https://hatw.co.uk/straight-up-advice/</p> <p>https://hatw.co.uk/resources/</p>
 <p>Mae 'SupportLine' yn darparu llinell gymorth gyfrinachol dros y ffôn sy'n cynnig cefnogaeth emosiynol i unrhyw unigolyn ar unrhyw fater gan gynnwys hunan-niweidio. Gwasanaeth ataliol yn bennaf yw'r Llinell Gymorth a'i nod yw cefnogi pobl cyn iddynt gyrraedd y pwynt argyfwng. Mae wedi'i anelu'n arbennig at y rheini sydd wedi'u hynysu'n gymdeithasol, yn agored i niwed, mewn grwpiau risg ac yn ddiodefwrwr unrhyw fath o gamdriniaeth. Mae 'SupportLine' yn aelod o'r Gymdeithas Helplines. Mae hefyd yn darparu cefnogaeth trwy e-bost a phost. Mae'r wefan hefyd yn darparu strategaethau ymdopi a rheoli iachach i unigolion roi cynnig arnynt.</p> <p>SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue including self-harm. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse. SupportLine is a member of the Helplines Association. SupportLine also provides support by email and post. The website also provides healthier coping & managing strategies for individuals to try.</p>	<p><i>Saesneg / English</i></p> <p>https://www.supportline.org.uk/problems/self-injury-and-self-harm/</p>

<p align="center">Llinell Gymorth / Support Line</p> <p align="center">Hunan Niweidio a Meddyliau Hunanladdol / Self-harm and Suicidal Thoughts</p>	<p align="center">Mynediad i'r Llinell Gymorth / Access to the Support Line</p>
 <p align="center">Addas ar gyfer plant bl 5 a 6. Suitable for children in years 5 & 6.</p> <p>Mae 'Supportline' hefyd yn darparu cefnogaeth emosiynol, gwybodaeth ac arweiniad i'r rhai sy'n cael meddyliau hunanladdol. Mae'r wefan hefyd yn cyfeirio plant a phobl ifanc i linellau cymorth a gwefanau defnyddiol eraill.</p> <p>SupportLine also provides emotional support, information and guidance for those who are having suicidal thoughts. Th website also signposts children & young people to other useful support lines and websites.</p>	<p><i>Saesneg/</i> English</p> <p>https://www.supportline.org.uk/problems/suicide/</p>

Llinell Gymorth / Support Line

Anhwylderau bwyta / Eating disorders



Addas ar gyfer plant 9-11 oed / Suitable for children aged 9-11 years

Elusen anhwylder bwyta'r Deyrnas Unedig ydy BEAT. Elusen genedlaethol ar gyfer pobl ag anhwylderau bwyta sy'n bodoli i roi diwedd ar y boen a'r dioddefaint a achosir gan anhwylderau bwyta. Rydym yn hyrwyddwr, tywysydd a ffrind i unrhyw un sy'n dioddef, lle i unigolion sy'n profi anhwylder bwyta a'u hanwyliaid, lle maent yn teimlo bod rhywun yn gwrandao arnynt, yn rhoi cefnogaeth ac yn eu grymuso. Mae'n cynnwys gwybodaeth, cefnogaeth ac adnoddau.

Mae'r gwasanaethau cymorth yn cynnwys grwpiau cymorth a llinell ffôn.

Beat is the UK's eating disorder charity. A national charity for people with eating disorders which exists to end the pain and suffering caused by eating disorders. We are a champion, guide and friend to anyone affected, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered. Includes information, support and resources.

Support services include one to one chat support, phonenumber and support groups.

Mynediad i'r Llinell Gymorth / Access to the Support Line

Saesneg / English

<https://www.beateatingdisorders.org.uk/>

<https://www.beateatingdisorders.org.uk/support-services>

Gwasanaeth sgwrisio Un i Un ar gael / One to One chat service available

<https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one>

Llinell ieuentid ar gyfer unigolion o dan 18 oed: **0808 801 0711**

Youthline for individuals under 18 years of age: **0808 801 0711**

Llinell gymorth / Helpline: **0808 801 0677**

Tudalen Facebook Page (ar gyfer rhieni / for parents)

<https://www.facebook.com/beat.eating.disorders/>



Addas i blant 9-11 oed a'i rieni / Suitable for children aged 9-11 and their parents

Os ydych chi'n poeni fod gennych anhwylder bwyta neu fel rhiant bod gan eich plentyn anhwylder bwyta, neu fod gennych berthynas afiach â bwyd, mae cyngor a gwybodaeth ar y lle gorau i gael help ar gael ar wefan Young Minds.

If you're worried that you may have an eating disorder or as a parent that your child has an eating disorder, or unhealthy relationship with food, advice and information on where you can get help is available on the Young Minds website.

Saesneg / English

<https://youngminds.org.uk/find-help/>

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-eating-problems/>



Addas ar gyfer plant 9-11 oed / Suitable for children aged 9-11 years.

Gwefan Awstralia yw Kidshelpline sy'n darparu gwybodaeth am anhwylderau bwyta mewn modd sy'n addas i blant. Mae'n addysgu plant am anhwylderau bwyta, beth yw'r arwyddion rhybuddio a phwy all eu helpu i newid eu perthynas bresennol â bwyd.

Kidshelpline is an Australian Website which provides information regarding Eating disorders in a child friendly manner. It educates children about eating disorders what the warning signs are and who can help them change their current relationship with food.

Saesneg / English

<https://kidshelpline.com.au/teens/issues/eating-disorders>

Llinell Gymorth / Support Line

Caethiwed / Addiction

Addas ar gyfer disgyblion 9-11 oed / Suitable for pupils 9-11 years of age



Sefydliad yw 'Al-Anon' sy'n darparu cefnogaeth i unrhyw un lle y mae yfed rhywun arall yn effeithio ar eu bywyd, neu wedi cael effaith arno, a hynny os yw'n parhau i yfed ai peidio.

O ganlyniad i COVID-19, nid yw cyfarfodydd cymorth wyneb yn wyneb yn cael eu cynnal mwyach, fodd bynnag, mae cyfarfodydd ar-lein yn parhau. Gellir darparu cefnogaeth hefyd trwy e-bost a ffôn. Ewch i'r wefan i gael mwy o wybodaeth.

Al-Anon is an organisation that will provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.

As a result of COVID-19, face to face support meetings are no longer being held, however, online meetings continue to take place. Support can also be provided via e-mail and phone. Please visit the website for further information.

Mynediad i'r Llinell Gymorth / Access to the Support Line

Saesneg / English

<https://www.al-anonuk.org.uk/>

<https://www.al-anonuk.org.uk/who-is-it-for/>

<https://www.al-anonuk.org.uk/helpline/>

<https://www.al-anonuk.org.uk/getting-help/>

helpline@al-anonuk.org.uk

Llinell Gymorth / Helpline: 0800 00 86 811

Ar gael rhwng 10yb-10yh pob dydd / Available from 10am-10pm every day



Mae'r Gymdeithas Genedlaethol ar gyfer plant i Alcoholigion yn elusen gofrestredig gyda'r nod o fynd i'r afael ag anghenion plant sy'n cael eu magu mewn teuluoedd lle mae un neu'r ddau riant yn dioddef o alcoholiaeth. Mae hyn yn cynnwys plant o BOB oed.

Mae'r elusen yn cynnig gwybodaeth, cyngor a chefnogaeth mewn sawl ffordd. Mae hefyd yn darparu llwyfan gwranddo anfeirniadol lle gall unigolion rannu eu pryderon mewn man diogel a chyfrinachol.

Mae gan y wefan faes penodol ar gyfer plant.

The National Association for Children of Alcoholics is a registered charity with the aim of addressing the needs of Children growing up in families where 1 or both parents suffer from alcoholism. This includes Children of ALL ages.

The charity offers information, advice and support in various ways. It also provides a non-judgemental listening platform where individuals can share their worries in a safe and confidential space.

The website has a specific area for Children.

Saesneg / English

<https://www.nacoa.org.uk/>

<https://www.nacoa.org.uk/children.html>

Llinell Gymorth Am Ddim / Free Helpline: 0800 358 3456

E-bost / E-mail: helpline@Nacoa.org.uk

Gwasanaeth 'bwrdd negeseuon' hefyd ar gael.
'Message board' service also available.

SchoolBeat.org



Addas ar gyfer disgyblion CA2 / Suitable for KS2 pupils

Gwefan ddwyieithog yw SchoolBeat.cymru o Raglen Graidd Cyswllt Ysgolion Cymru Gyfan, sy'n rhoi gwybodaeth ac adnoddau i ddisgyblion, athrawon a rhieni i atgyfnerthu negeseuon allweddol a gyflwynir gan ein Swyddogion Heddlu Cymuned Ysgolion mewn Ysgolion.

SchoolBeat.cymru is a bilingual site from the All Wales School Liaison Core Programme, providing information and resources for pupils, teachers & parents to reinforce the key messages delivered by our School Community Police Officers in schools.

Dwyieithog / Bilingual

<https://schoolbeat.cymru/cy/disgyblion/age/7-11/Its-Your-Choice/>

<https://schoolbeat.cymru/en/pupils/age/7-11/Its-Your-Choice/>

Llinell Gymorth / Support Line

Caethiwed / Addiction



Addas ar gyfer disgyblion 9-11 oed / Suitable for pupils 9-11 years of age.

Llinell gymorth dwyieithog sy'n rhad ac am ddim a yw DAN 24/7 sy'n darparu un pwynt cyswllt i unrhyw un yng Nghymru sydd eisiau gwybodaeth bellach a / neu help yn ymwneud â chyffuriau a / neu alcohol.

Mae'r gwasanaeth ar gael 24 awr y dydd, 7 diwrnod yr wythnos, 365 diwrnod y flwyddyn.

Bydd y llinell gymorth yn cynorthwyo unigolion, eu teuluoedd, gofalywr, a gweithwyr cymorth yn y maes cyffuriau ac alcohol i gael mynediad at wasanaethau lleol a rhanbarthol priodol.

DAN 24/7 is a free and bilingual telephone helpline providing a single point of contact for anyone in Wales wanting further information and / or help relating to drugs and / or alcohol.

The service is available 24 hours a day, 7 days a week, 365 days a year.

The helpline will assist individuals, their families, carers, and support workers within the drug and alcohol field to access appropriate local and regional services.

Mynediad i'r Llinell Gymorth / Access to the Support Line

Dwyieithog / Bilingual

<http://dan247.org.uk/>

http://dan247.org.uk/Services_Drugs_Alcohol.asp

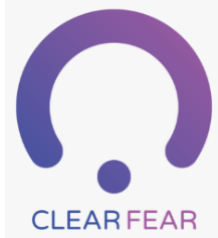
Llinell Gymorth Am Ddim / Free Helpline: 0800 808 2234

Tecstiwch DAN i 81066 / Text DAN to 81066

Apiau Hunanofal/ Self-Care Apps

Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys / Apps are not a substitute for a qualified counsellor or therapist

Plant Ysgolion Cynradd / Primary School aged Children



(Addas ar gyfer disgyblion 10-11 mlwydd oed / Suitable for 10-11 year old pupils)

Mae'r Ap 'Clear Fear', sydd yn rhad ac am ddim, yn helpu plant a phobl ifanc i reoli symptomau pryder.

Clear Fear is a free App to help children & young people manage the symptoms of anxiety.

Mynediad i'r Ap Access to the App

Saesneg / English

<https://www.clearfear.co.uk/>



Yn addas i blant ac oedolion / suitable for Children & adults

Dysgu ymlacio, rheoli eich pryderon a gwella'ch lles gyda 'Chill Panda'. Mae'r ap yn mesur cyfradd curiad eich calon ac yn awgrymu tasgau sy'n addas i'ch cyflwr meddwl. Mae'r tasgau'n cynnwys technegau anadlu syml ac ymarferion ysgafn i dynnu'ch meddwl oddi ar eich pryderon.

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

Saesneg / English

<https://www.nhs.uk/apps-library/chill-panda/>

Mae Chill Panda yn rhad ac am ddim i'w lawr-lwytho o'r App Store a Google Play. Mae'r ap yn gweithio gyda dyfeisiau symudol sydd â chamera

Chill Panda is free to download from the App Store and Google Play. The app works with mobile devices that have a camera.



Yn addas i blant ac oedolion / suitable for Children & adults

Nod ap 'WorryTree' yw eich helpu chi i reoli pryder ble bynnag yr ydych. Gallwch ddefnyddio'r app i recordio beth bynnag rydych chi'n poeni amdano. Mae'n defnyddio technegau therapi ymddygiad gwybyddol (CBT) i'ch helpu chi i sylwi ar a herio'ch pryderon. Gall hefyd eich helpu i greu cynllun gweithredu ar gyfer rheoli pryderon

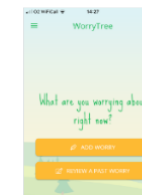
The WorryTree app aims to help you take control of worry wherever you are. You can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries. It can also help you create an action plan for managing worry.

Am wybodaeth pellach ewch i'r adran Llyfrgell apiau ar wefan GIG

For further information visit the apps-library section on the NHS website

Saesneg / English

<https://www.nhs.uk/apps-library/worrytree/>



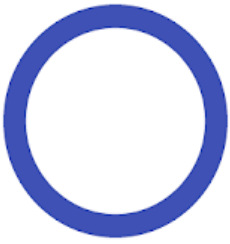
Apiau Hunanofal/ Self-Care Apps

Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys / Apps are not a substitute for a qualified counsellor or therapist

Plant Ysgolion Cynradd / Primary School aged Children

Mynediad i'r Ap Access to the App

Breathe Easy



Addas ar gyfer plant 4 mlwydd oed ac yn hŷn ac i'r teulu cyfan
Suitable for children 4 years and older and for the whole family.

'Breathe Easy' yw'r ffordd symlaf i fyfyrion ac ymlacio. Anadlwch i mewn ac allan wrth i'r cylch dyfu a chrebachu'n barhaus. Mae'n cynnwys nodweddion fel addasu'r amser a dreulir yn anadlu mewn, anadlu allan ac oedi rhwng anadliadau, dewis siapiau a lliwiau. Bydd hyd at 6 aelod o'r teulu yn gallu defnyddio'r ap hwn.

Breathe Easy is the simplest way to meditate and relax. Just breathe in and out as the circle continuously grows and shrinks at a regular rate. It includes features such as Customising the time spent inhaling, exhaling and pausing between breaths, choosing shapes and colours. Up to 6 family members will be able use this app.

Saesneg / English

<https://apps.apple.com/gb/app/breathe-easy-paced-breathing/id1081000353>

Am ddim i'w lawrlwytho o'r App Store a Google play. Yn addas ar gyfer i-phones ac i-pads

A free app available from the App Store and Google Play.



Addas ar gyfer disgyblion Bl 5 a 6 / Suitable for pupils in years 5 +6

Ap iechyd meddwl yw 'ThinkNinja' a ddyluniwyd ar gyfer pobl ifanc 10 i 18 oed. Gan ddefnyddio amrywiaeth o gynnwys ac offer, mae'n caniatáu i bobl ifanc ddysgu am iechyd meddwl a lles emosiynol, a datblygu sgiliau y gallant eu defnyddio i adeiladu gwytnwch ac aros yn iach.

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

Saesneg / English

<https://www.nhs.uk/apps-library/thinkninja/4>
<https://www.healios.org.uk/services/thinkninja1>

Mae ThinkNinja yn rhad ac am ddim i'w lawrlwytho yn ystod yr argyfwng coronafirws o'r App Store a Google Play.

ThinkNinja is free to download during the coronavirus crisis from the App Store and Google Play.



Addas ar gyfer plant rhwng 4-11 mlwydd oed / Suitable for children between 4-11 years

Mae 'HappiMe' yn ap di-elw rhad ac am ddim sy'n helpu codi hunan-barch, hunanhyder a lefelau hapusrwydd ymysg plant a phobl ifanc. Gwneir hyn trwy eu dysgu am y pŵer o feddwl yn gadarnhaol a sut i ddewis ffordd mwy defnyddiol o feddwl. Mae nodweddion allweddol yr ap yn cynnwys: 'Mini Mindfulness' a clipau clywedol Delweddu Cadarnhaol, fideos HappiTapping a gemau.

HappiMe is a free, non-profit app that helps to raise self-esteem, self-confidence and happiness levels in children & young people by teaching them about the power of thinking positively and how to choose a more helpful way of thinking. Key features of the app include: Mini Mindfulness & Positive Visualisation Audios, HappiTapping videos & games.

Saesneg / English

<https://www.happi-me.info/happime-apps.html>

Dim ond o'r 'App Store' mae'r ap hwn ar gael ar gyfer i-phone ac i-pads:

This app is only available on the App store for i-phones and i-pads:

<https://apps.apple.com/us/app/happime/id1247866038>

Am ddim i'w lawrlwytho o'r App Store

A free app available from the App Store

Apiau Hunanofal/ Self-Care Apps

Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys / Apps are not a substitute for a qualified counsellor or therapist

Plant Ysgolion Cynradd / Primary School aged Children

Mynediad i'r Ap Access to the App

Stress & Anxiety Companion



Addas ar gyfer plant 4 oed ac yn hŷn / Suitable for children aged 4 years and older.

Mae'r Ap 'Stress & Anxiety Companion' yn eich helpu i drin straen a phryder ble bynnag y byddwch. Gan ddefnyddio ymarferion anadlu, cerddoriaeth ymlacio a gemau sydd wedi'u cynllunio i dawelu'ch meddwl, mae'r ap yn eich helpu i newid meddyliau negyddol i'ch helpu chi ymdopi'n well â helbulon bywyd.

The Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.

Saesneg / English

<https://www.nhs.uk/apps-library/stress-anxiety-companion/>

<https://apps.apple.com/gb/app/stress-anxiety-companion/id786238252>

Mae'r ap Stress & Anxiety Companion' ar gael o'r 'App Store' a 'Google Play'

The Stress & Anxiety Companion is available from the App Store and Google Play.



Ar gael i bob tanysgrifiwr, gall plant (a'u rhieni) fwynhau gweithgareddau hwyliog, gafaelgar sy'n dysgu hanfodion ymwybyddiaeth ofalgar iddynt. Byddant yn ymarfer ymarferion anadlu, delweddu a hyd yn oed roi cynnig ar fyfyrion ar sail ffocws. Wrth gwrs, mae gwahanol ymarferion yn gweithio orau ar gyfer gwahanol oeddrannau felly mae'r sesiynau wedi eu haddasu ar gyfer tri grŵp oedran: 5 ac iau, 6-8 a 9-12.

Available to all subscribers, kids (and their parents) can enjoy fun, engaging activities that teach them the basics of mindfulness. They'll practice breathing exercises, visualizations and even try some focus-based meditation. Of course, different exercises work best for different ages so we've customized the sessions for three age groups: 5 and under, 6-8 and 9-12.

Saesneg / English

<https://www.headspace.com/meditation/kids>



Offeryn addysgol yw 'Emotions' o'r 'I Can Do Apps' a ddyluniwyd mewn cydweithrediad â Phatholegydd Iaith a Lleferydd sy'n eich galluogi i gyflwyno cysyniadau newydd, ymarfer adnabod emosiynau, cymryd persbectif / theori meddwl, mewn ffordd hwyliog a syml. Mae'r ap hwn yn canolbwyntio ar helpu unigolion i adnabod gwahanol mynegiant wynebol gan ddefnyddio wynebau go iawn a phrofi eu dealltwriaeth o emosiynau. Ymhlith yr emosiynau - hapus, trist, ofnus, wedi synnu a blin.

Emotions from I Can Do Apps is an educational tool designed in collaboration with a Speech Language Pathologist that allows you to introduce new concepts, practice identifying emotions, taking perspective / theory of mind, in a fun and simple way. This app focuses on helping individuals identify different facial expressions using real faces and test their understanding of emotions. Emotions include - happy, sad, scared, surprised and angry.

Saesneg / English

<https://apps.apple.com/us/app-bundle/emotions-apps/id917683479>

Mae'r ap hwn ar gael yn yr App Store yn unig ar gyfer yr iPhone ac iPad. This app is available only on the App Store for iPhone and iPad.

Gall hyd at 6 aelod o'r teulu ddefnyddio'r ap hwn pan sefydlir y rhannu teulu.

Up to 6 family members can use this app when the family sharing is set up

Apiau Hunanofal/ Self-Care Apps

Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys / Apps are not a substitute for a qualified counsellor or therapist

Plant Ysgolion Cynradd / Primary School aged Children



Addas ar gyfer plant 4 oed ac hŷn / Suitable for children aged 4 years and older

Mae ap 'Worriots' yn darparu lle diogel i blant rannu eu gofidiau, eu hofnau a'u pryderon, sydd yn ei dro yn darparu mecanwaith ymdopi ymarferol llawn hwyl iddynt ar gyfer eu hofnau, gan ddefnyddio un o'r pedwar cymeriad Worriots.

Ymhlith y nodweddion allweddol mae:

Cymeriadau Ymgysylltu Rip, Stomp, Shakey a Chomp sy'n helpu plant i rannu eu pryderon, eu hofnau a'u hannog i siarad am eu hemosiynau tra hefyd yn eu hamlygu i strategaethau ymdopi.

Mae gan yr ap fersiwn rhiant cydymaith sy'n caniatáu i blant gael hwyl ar yr ap tra gall rhieni fonitro sgysiau cymeriad ar yr ap.

The Worriots app provides children with a safe and secure place to share their worries fears and concerns, which in turn provides them with a practical fun coping mechanism for their fears, using one of the four Worriots characters.

Key features include: Engaging characters Rip, Stomp, Shakey and Chomp who help children to share their worries and concerns and encourage them to speak about their emotions whilst also exposing them to coping strategies.

The app has a companion parent version which allows children to have fun on the app while parents can monitor character conversations on the app.

Mynediad i'r Ap Access to the App

Saesneg / English

Ap am Ddim / A Free App

<https://apps.apple.com/gb/app/the-worriots-home-edition/id1265064097>

Mae'r ap hwn ar gael yn yr App Store yn unig ar gyfer iPhone ac iPad.
This app is available only on the App Store for iPhone and iPad.

Gall hyd at 6 aelod o'r teulu ddefnyddio'r ap hwn pan mae'r rhannu teulu wedi'i alluogi

Up to 6 family members can use this app when the family sharing is enabled

Three Good Things - A Happiness Journal



Addas ar gyfer plant 4 oed ac yn hŷn / Suitable for children aged 4 years & older

Mae tystiolaeth, os ysgrifennwch dri pheth da sy'n digwydd i chi bob dydd, bydd eich hapusrwydd a'ch positifrwydd yn cynyddu. Mae 'Three Good Things', dyddlyfr hapusrwydd, yn helpu annog ymgysylltiad plant drwy rhyngwyneb defnyddiwr a dull gemau syml.

Mae'r ap yn addysgu plant am fecanweithiau ymdopi a all eu helpu i beidio â chynhyrfu ac sy'n darparu offer effeithiol iddynt ddatblygu eu gwytnwch a'u gallu i ddatrys problemau.

It's been shown that if you write down three good things that happen to you everyday, your happiness and positivity increase. Three Good Things, a happiness journal, enables children to do exactly that with a simple user-interface and gamification to encourage engagement.

The app teaches children about coping mechanisms that can help them stay calm and provides them with effective tools to develop their resilience and ability to solve problems.

Saesneg / English

Ap am Ddim / A Free App

<https://apps.apple.com/us/app/three-good-things-a-happiness-journal/id1242079576>

Mae'r ap hwn ar gael yn yr App Store ar gyfer iPhone yn unig.
This app is available only on the App Store for iPhone.

Apiau Hunanofal/ Self-Care Apps

Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys / Apps are not a substitute for a qualified counsellor or therapist

Plant Ysgolion Cynradd / Primary School aged Children

Mynediad i'r Ap Access to the App

Breathe, Think, Do with Sesame

Sesame Street



Addas ar gyfer disgyblion 4-8 mlwydd oed / Suitable for Children 4-8 years of age.

Mae hwn yn ap adnoddau y gall rhieni ei rannu â'u plant er mwyn eu helpu i ddysgu sgiliau fel datrys problemau, hunanreolaeth, cynllunio a dyfalbarhad â thasgau.

Bydd plant yn dysgu trwy chwerthin, yn helpu ffrind anghenfil Sesame Street i dawelu a datrys heriau bob dydd. Mae'r ap hwn yn helpu plant i ddysgu'r strategaeth "Anadlu, Meddwl, Gwneud" ar gyfer datrys problemau, helpu'r ffrind anghenfil i anadlu'n ddwfn, meddwl am gynlluniau, a rhoi cynnig arnyn nhw! Bydd plant yn mwynhau animeiddiadau gwirion a rhyngweithio chwareus wrth ddod i gysylltiad â geirfa emosiynol bwysig, techneg anadlu tawel, anogaeth bersonol, a mwy!

This is a resource app that parents can share with their children in order to help them learn skills such as problem solving, self-control, planning, and task persistence. Children will learn through laughter, help a Sesame Street monster friend calm down and solve everyday challenges. This app helps children learn the "Breathe, Think, Do" strategy for problem-solving, help the monster friend take deep breaths, think of plans, and try them out! Children will enjoy silly animations and playful interactions whilst being exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more!

Saesneg / English

<https://apps.apple.com/gb/app/breathe-think-do-with-sesame/id721853597>

Mae'r ap hwn ar gael yn yr App Store yn unig ar gyfer yr iPhone ac iPad. (Am ddim)

This app is available only on the App Store for iPhone and iPad. (For free)

DreamyKid Meditation App



Addas ar gyfer disgyblion 4 mlwydd oed ac yn hŷn / Suitable for Children 4 years old & older.

Mae'r ap yn cynnwys sawl Categori Ymwybyddiaeth Ofalgar i Blant gan gynnwys: Straeon cwsg, Teithiau Tywys, Gweithgareddau Iachau a Myfyrdodau dan Arweiniad. Ymhlith y nodweddion allweddol hefyd mae amserydd, cerddoriaeth awyrgylch gefndirol a dyfyniadau ysbrydoledig dyddiol.

Mae'r ap yn sicrhau y gellir defnyddio Ymwybyddiaeth Ofalgar mewn ffordd hwyliog a difyr a'i fod yn hygyrch i blant ifanc.

The app includes several Mindfulness Categories for Children including: Sleep stories, Guided Journeys, Healing Activities and Guided Meditation. Key features also include a timer, background ambient music and daily inspirational quotes.

The app ensures that Mindfulness can be used in a fun and enjoyable way and is accessible to young children.

<https://dreamykid.com/>

i-phone:

<https://apps.apple.com/us/app/dreamykid-meditation-app/id1430696683>

Mae'r ap hwn ar gael yn yr App Store yn unig ar gyfer iPhone ac iPad ac mae cost.

This app is available only on the App Store for iPhone and iPad and there is a cost.

Apiau Hunanofal/ Self-Care Apps

Nid yw apiau yn cymryd lle cwnselydd neu therapydd cymwys / Apps are not a substitute for a qualified counsellor or therapist

Plant Ysgolion Cynradd / Primary School aged Children

Mynediad i'r Ap Access to the App

my life
Stop. Breathe. Think.



Addas ar gyfer plant 4 oed ac yn hŷn / Suitable for children 4 years of age and older.

Mae 'MyLife' (a oedd cynt yn Stop, Breathe & Think) yn ap myfyrdod ac ymwybyddiaeth ofalgar sydd wedi ennill gwobrau ac sy'n helpu plant i ddod o hyd i'w lle tawel. Mae'n caniatáu iddyn nhw wirio sut maen nhw'n teimlo, ac mae'n argymhell myfyrdodau tywysedig byr a gweithgareddau ymwybyddiaeth ofalgar, wedi'u tiwnio i'w hemosiynau. P'un a ydyn nhw'n bryderus, yn ddigwsg, yn obeithiol, yn ddig, neu unrhyw beth rhyngddynt, bydd yr ap yn eu cefnogi.

MyLife (formerly known as Stop, Breathe & Think) is an award winning meditation and mindfulness app that helps children find their quiet place. It allows them to check in with how they're feeling, and recommends short guided meditations and mindfulness activities, tuned to their emotions. Whether they're anxious, sleepless, hopeful, angry, or anything in between, the app will support them.

Saesneg / English

<https://my.life/>

<https://apps.apple.com/gb/app/stop-breathe-think/id778848692>

Ar gael i'w lawrlwytho o'r App Store ac o Google Play
Ap am ddim gyda'r cyfle i brynu nodweddion ychwanegol.

Available to download from the App Store and from Google Play
A free app with in-app purchases.



Addas ar gyfer plant 4 oed ac yn hŷn / Suitable for children 4 years of age and older

Mae 'Smiling Mind' yn ap myfyrdod ar gyfer pobl ifanc, y gall plant a'r teulu cyfan ei ddefnyddio hefyd. Fe'i datblygwyd gan dîm o seicolegwyr ac mae'n defnyddio ymwybyddiaeth ofalgar i hybu pwyll, bodlonrwydd ac eglurder. Bydd yn helpu unigolion i reoli straen, gwynwch, pryder, iselder ysbryd a gwella iechyd a lles cyffredinol.

Smiling Mind is a meditation app for young people, which can also be used by children and the whole family. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. It will help individuals to manage stress, resilience, anxiety, depression and improve general health and wellbeing.

Saesneg / English

<https://www.smilingmind.com.au/smiling-mind-app>

<https://apps.apple.com/gb/app/smiling-mind/id560442518>

Gall hyd at 6 aelod o'r teulu ddefnyddio'r ap hwn pan sefydlir y rhannu teulu.

Up to 6 family members can use this app when the family sharing is activated