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Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



HWB CYMUNEDOL PWLLHELI  
PWLLHELI COMMUNITY HUB

Rhif Elusen: 1060770 / Rhif Cwmni: 3280924  
Charity No: 1060770 / Company No: 3280924

## ICAN MENTAL HEALTH AND SUICIDE AWARENESS TRAINING

### **This free half day training course will discuss:**

- Signs and symptoms of various mental health conditions
- Signs and symptoms of various conditions that can negatively impact your emotional health and wellbeing
- How to spot signs of Self-Harm
- How to spot if an individual may be at risk of suicide
- How would you respond to someone who discloses that they are having suicidal thoughts / planning a suicide
- How to look after your own emotional health and wellbeing and develop community resilience
- Further information and signposting

Endorsed by the Betsi Cadwaladr University Health Board the course can be delivered in your workplace or at a community resource, and is open to workplaces, community groups and individual members of the community.

'The course was very informative and gave everyone who attended a better understanding of what to look out for and how to deal with situations that either they, their friends and family or their colleagues may find themselves in. Everyone who attended took away something from it and I recommend as many people as possible attend to gain a better understanding of the subject.'

*Project Manager Balfour Beatty / Jones Brothers Joint Venture - 20/10/2021*

'I think learning about the different types of physiological conditions people can have, has been of great value. It will definitely change the way I look at a concern for safety in the future and the signs I need to be looking for. To help people get the help they need.'

*North Wales Police Officer*

For more information please contact Meinir Evans  
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## Dyddiadau a linciau Eventbrite ar gyfer sesiynau hyfforddi / Dates and Eventbrite Links for training sessions

18 January / 18 Ionwr 9.30am - 12.30pm

12 July / 12 Gorffennaf 9.30am - 12.30pm

15 February / 15 Chwefror 9.30am - 12.30pm

16 August / 16 Awst 9.30am - 12.30pm

15 March / 15 Mawrth 9.30am - 12.30pm

14 September / 14 Medi 5.30pm - 8.30pm

12 April / 12 Ebril 9.30am - 12.30pm

18 October / 18 Hydref 9.30am - 12.30pm

17 May / 17 Mai 9.30am - 12.30pm

15 November / 15 Tachwedd 9.30am - 12.30pm

15 June 15 Mehefin 5.30pm - 8.30pm

13 December / 13 Rhagfyr 9.30am - 12.30pm

E-mail: [meinirfelinfach@gmail.com](mailto:meinirfelinfach@gmail.com)  
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## YMWYBYDDIAETH IECHYD MEDDWL A HUNAN LADDIAD FEDRA'I

### Mae'r cwrs hanner diwrnod yn trafod:

- Arwyddion a symptomau nifer o gyflyrau sy'n ymwneud a iechyd meddwl
- Arwyddion a symptomau nifer o gyflyrau a sefyllfaoedd sy'n rhoi effaith negyddol ar ein iechyd emosiynol a lles
- Sut i adnabod symptomau hunan niweidio
- Sut i adnabod bod unigolyn mewn peryg o hunanladdiad
- Sut i ymateb i unigolyn sy'n datgelu eu bod yn meddwl am hunanladdiad / cynllunio eu hunanladdiad
- Sut i edrych ar ol eich iechyd emosiynol eich hun a datblygu gwydnwch cymdeithasol
- Gwybodaeth ychwanegol ac arallgyfeirio

Mae'r cwrs wedi ei ardystio gan Fwrdd Iechyd Prifysgol Betsi Cadwaladr ac yn addas i Gwmniau, Grwpiau Cymunedol ac unigolion, a gallwn ei redeg yn eich gweithle neu mewn adnodd cymunedol.

"Roedd y cwrs yn llawn gwybodaeth ac yn rhoi syniad da i bawb oedd yn bresennol am arwyddion a sut i ddelio gyda sefyllfaoedd anodd gall teulu, ffrindiau a chydweithwyr ddarganfod eu hunain ynddi. Bu i bawb fu'n bresennol fynd a rhywbeth i fwrdd efo nhw, a buaswn yn cynnig bod cyn gymaint o bobl a phosib yn mynd ar y cwrs er mwyn cael mwy o wybodaeth am y materion yma"

Rheolwr Prosiect Cynllyn ar y Cyd – Balfour Beatty & Jones Brothers

"Mae wedi bod yn werthfawr iawn dysgu am y gwahanol gyflyrau seicolegol sy'n bodoli. Yn sicr mae wedi newid y ffordd y byddaf yn ymdrin a phryder am ddiogelwch unigolyn, ac i sylwi ar wahanol arwyddion. Helpu pobl gael yr help maent ei angen"

Heddwas, Heddlu Gogledd Cymru

For more information please contact Meinir Evans  
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