

Gwasanaethau Cymorth Iechyd Meddwl Sylfaenol Lleol

Local Primary Mental Health Support Services



Llywodraeth Cymru
Welsh Government

www.cymru.gov.uk

O 1 Hydref 2012 gall eich Meddyg Teulu eich helpu i ddefnyddio gwasanaethau newydd fydd ar gael yn lleol er mwyn helpu pobl gyda phroblemau iechyd meddwl fel gorbryder, iselder, colli cof, ac anawsterau ymddygiadol ac emosiynol

Ewch i weld eich Meddyg Teulu os ydych yn credu y gallai'r gwasanaethau hyn eich helpu

From **1 October 2012** your GP can support you to access new services which will be available locally to help people with mental health problems such as anxiety, depression, memory loss and behavioural and emotional difficulties

Please see your GP if you think that these services could help you

**Mae mwy o fanylion ar gael yn/
More information is available from:**

**mentalhealthandvulnerablegroups@wales.gsi.gov.uk
neu ffoniwch/or telephone: 02902 370011**