

**tidyMinds**  
.org.uk

**Sorted  
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## Mental health and wellbeing information for **everyone** in Neath, Port Talbot and Swansea.

**SortedSupported** and **tidyMinds** are bespoke **mental health and wellbeing websites** for people living in Swansea and Neath Port Talbot. SortedSupported is tailored to adults (18+) and tidyMinds focuses on children and young people.

With signposting to local and national support organisations as well as information and advice, these websites make it easier to navigate support.

Information for parents, carers

and professionals is also available to better understand and support individuals with their emotional wellbeing.

SortedSupported is also developing content for adults with learning disabilities and people who support them.

Scan to visit  
**tidyMinds:**



Scan to visit  
**SortedSupported:**



tidyMinds and SortedSupported have been developed through a partnership between the West Glamorgan Regional Partnership Board, Swansea Bay University Health Board, Swansea Council, Neath Port Talbot Council, Swansea Council for Voluntary Service (SCVS) and Neath Port Talbot Council for Voluntary Service (NPTCVS)



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## Gwybodaeth iechyd meddwl a lles **i bawb** yng Nghastell-nedd, Port Talbot ac Abertawe.

Mae **SortedSupported** a **tidyMinds** yn **wefannau iechyd meddwl a lles** pwrpasol ar gyfer pobl sy'n byw yn Abertawe a Chastell-nedd Port Talbot. Mae SortedSupported wedi'i theilwra i oedolion (18+) ac mae tidyMinds yn canolbwyntio ar blant a phobl ifanc.

Gyda chyfeirio at sefydliadau cymorth lleol a chenedlaethol yn ogystal â gwybodaeth a chyngor, mae'r gwefannau hyn yn ei gwneud hi'n haws llywio cymorth.

Mae gwybodaeth i rieni, gofalwy

a gweithwyr proffesiynol hefyd ar gael i ddeall a chefnogi unigolion yn well gyda'u lles emosiynol. Mae SortedSupported hefyd yn datblygu cynnwys arbenigol ar gyfer oedolion ag anableddau dysgu.

Sganiwch i  
ymweld â  
tidyMinds:



Sganiwch i  
ymweld â  
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Datblygwyd TidyMinds a SortedSupported drwy bartneriaeth rhwng Bwrdd Partneriaeth Rhanbarthol Gorllewin Morgannwg, Bwrdd Iechyd Prifysgol Bae Abertawe, Cyngor Abertawe, Cyngor Castell-nedd Port Talbot, Cyngor Gwasanaethau Gwirfoddol Abertawe (SCVS) a Chyngor Gwasanaeth Gwirfoddol Castell-nedd Port Talbot (NPTCVS).



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