

Sorted Supported

.org.uk

**A mental health and wellbeing website
for adults 18+ in Swansea, Neath
and Port Talbot.**

SortedSupported is a website that helps explore mental health and wellbeing. You can find resources, practical advice and signposting to local and national support. The site is for adults 18+, their families and carers, and the professionals who support them. SortedSupported is also developing specialist content for adults with learning disabilities.

**Scan below to
visit the website:**



SortedSupported is a website brought to you on behalf of the West Glamorgan Regional Partnership Board and managed by Swansea CVS (Charity No. 1063242). The content has been contributed to by a wide number of public and third sector organisations.



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CASTELL-NEDD PORT TALBOT

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**Gwefan iechyd meddwl a lles i oedolion 18 oed
a hŷn yn Abertawe, Castell-nedd a Phort
Talbot.**

Gwefan yw **SortedSupported** sy'n helpu i archwilio iechyd meddwl a lles. Gallwch ddod o hyd i adnoddau, cyngor ymarferol a gwybodaeth am gymorth lleol a chenedlaethol arni. Mae'r wefan ar gyfer oedolion 18 oed a hŷn, eu teuluoedd a gofalwyr, a'r gweithwyr proffesiynol sy'n eu cefnogi nhw. Mae SortedSupported hefyd yn datblygu cynnwys arbenigol ar gyfer oedolion ag anableddau dysgu.

**Sganiwch isod i
ymweld â'r wefan:**



Gwefan yw SortedSupported sydd wedi'i chreu ar eich cyfer chi ar ran Bwrdd Partneriaeth Ranbarthol Gorllewin Morgannwg. Mae'n cael ei rheoli gan Gyngor Gwasanaeth Gwirfoddol Abertawe (Rhif Elusen: 1063242).



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