

tidyMinds .org.uk

Mental health and wellbeing information for **children and young people** in Neath, Port Talbot and Swansea.

tidyMinds is the go-to mental health and wellbeing website for children and young people. Families, carers, and professionals supporting children and young people can also use the website. Find resources, practical advice and signposting to local and national support - when you need it, all in one place.

Scan below to
visit the website:



tidyMinds is a website brought to you on behalf of Swansea University Health 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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Gwybodaeth am iechyd meddwl a lles i blant a phobl ifanc yng Nghastell-nedd, Port Talbot ac Abertawe.

tidyMinds yw'r wefan am iechyd meddwl a lles i blant a phobl ifanc. Mae teuluoedd, gofalwyr a gweithwyr proffesiynol sy'n cefnogi plant a phobl ifanc hefyd yn gallu defnyddio'r wefan. Gallwch ddod o hyd i adnoddau, cyngor ymarferol a gwybodaeth am gymorth lleol a chenedlaethol arni – pan fyddwch chi eu hangen, ac i gyd mewn lle.

Sganiwch isod i
ymweld â'r wefan:



Mae tidyMinds yn wefan sydd wedi'i chreu i chi ar ran Bwrdd Iechyd Prifysgol Abertawe. Mae'n cael ei rheoli gan Gyngor Gwasanaeth Gwirfoddol Abertawe (Rhif Elusen: 1063242). Mae sawl sefydliad cyhoeddus a thrydydd sector wedi cyfrannu at gynnwys y wefan.



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