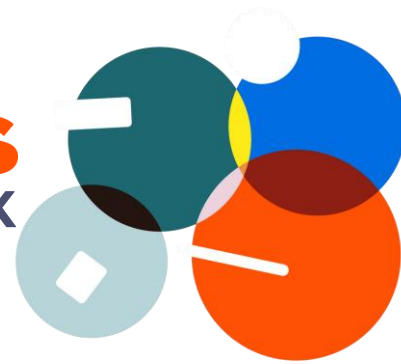




Mental health and wellbeing information for **everyone** in Neath, Port Talbot and Swansea.

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 focusses 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.

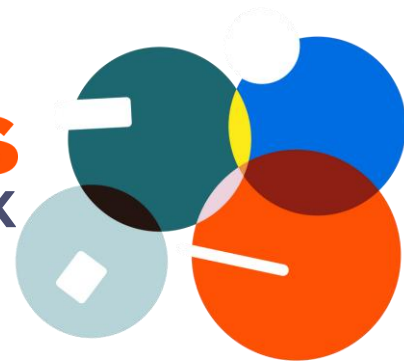
SortedSupported is also developing content for adults with learning disabilities and people who support them.

Scan to visit
SortedSupported:



Scan to visit
tidyMinds:





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 chynghor, 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
SortedSupported:



Sganiwch i
ymweld â
tidyMinds:



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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NEATH
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tidyMinds .org.uk

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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**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.



**Sorted
Supported**
.org.uk

**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 anabledau 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).

