

# Free mental health support Cefnogaeth iechyd meddwl am ddim



## We can help with:

- Anxiety
- Depression
- Self-esteem
- Stress
- Feeling alone
- Managing anger
- Grief and loss

## Rydym yn gallu helpu gyda:

- Phryder
- Iselder
- Hunan-barch
- Stres
- Teimlo'n unig
- Rheoli tymer
- Galar a cholled

Active Monitoring is a free, six week, guided self-help programme to help you to better understand and be more in control of your feelings. If you live in Wales and are over 18, get in touch to find out more.

Rhaglen chwe wythnos o hunan help gydag arweiniad am ddim yw Monitro Gweithredol i'ch helpu chi i ddeall ac i deimlo'n fwy mewn rheolaeth o'ch emosiynau. Os ydych yn byw yng Nghymru a thros 18 oed, cysylltwch i ganfod rhagor.

Get in touch today / Cysylltwch â ni heddiw

Torfaen and Blaenau  
Gwent Mind,  
24 George Street,  
Pontypool,  
Torfaen NP4 6BY

**T: 01495 757393**

**E: [firstcontact@torfaenmind.co.uk](mailto:firstcontact@torfaenmind.co.uk)**

**WcVA  
CgGC**



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**

Active Monitoring is funded by Welsh Government  
/ Mae Monitro Gweithredol yn cael ei ariannu  
gan Lywodraeth Cymru

Torfaen and Blaenau Gwent Mind  
is a registered charity no. 1102815  
Mind is a registered charity no. 219830

Torfaen and Blaenau Gwent Mind  
yn elusen gofrestredig rhif 1102815  
Mae Mind yn elusen gofrestredig rhif 219830



**Torfaen and  
Blaenau Gwent**