














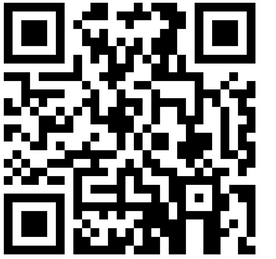
# Employee Wellbeing Services



To access any of our services, please complete our Access Form by scanning the QR code, visiting <https://forms.office.com/e/G0nEXx9Rmt> or emailing us at [CTM.WellbeingService@wales.nhs.uk](mailto:CTM.WellbeingService@wales.nhs.uk) For more information go to <https://ctmuhb.nhs.wales/staff>

How am I?	Supporting Self			Supporting other staff
 <p><b>I feel well and want to stay emotionally healthy</b></p>	<ul style="list-style-type: none"> <li>Follow us on Twitter <a href="https://twitter.com/CTMWellExp">@CTMWellExp</a></li> <li>Rest, Recharge and Reconnect - compassion based mindfulness session</li> <li>Virtual Reality Headsets to practice relaxation and mindfulness </li> </ul>	<ul style="list-style-type: none"> <li>Flourish: Bringing Mindfulness to Life - 4 week online course, resources, tools and experiences of working with Awareness, Balance and Compassion to bring Mindfulness to your life.</li> </ul>	<ul style="list-style-type: none"> <li>Introductory Mindfulness courses available from Valleys Steps <a href="https://valleyssteps.org">valleyssteps.org</a></li> </ul> 	<ul style="list-style-type: none"> <li><b>Managing Staff Wellbeing: Providing the Best for Staff and Patients</b> Full day training course that aims to provide managers the skills they need to support the wellbeing of their teams </li> <li><b>Wellbeing Supporter training</b> 4-hour training course that aims to provide staff with the tools to support their colleagues who may be struggling with their emotional wellbeing </li> <li><b>Wellbeing Team Intervention</b> Support for teams that are struggling</li> <li><b>Managers' Consultation slots</b> A space to discuss the wellbeing of a colleague struggling with their emotional wellbeing  </li> </ul>
 <p><b>I am beginning to struggle with my emotional wellbeing</b></p>	<ul style="list-style-type: none"> <li>Management Booths - Individual wellbeing support for managers</li> <li>Menopause@CTM - support for people affected by peri-menopause/menopause</li> <li>Healthy Lifestyle 10 week course to support weight loss and sustainable lifestyle changes</li> </ul>	<ul style="list-style-type: none"> <li>Wellbeing Workshops e.g. Anxiety, Low Mood, Sleep, Unwinding, Stress, Barriers to Exercise, Building Resilience</li> <li>Trauma First Aid – support for individuals/ teams impacted by trauma at work</li> </ul>	<ul style="list-style-type: none"> <li>24/7 Vivup telephone helpline, online workbooks and counselling – <b>03303 800 658</b> and <a href="https://www.vivup.co.uk">www.vivup.co.uk</a></li> <li>Free on-line resources on <a href="https://ctmuhb.nhs.wales/staff">ctmuhb.nhs.wales/staff</a></li> <li>Reading Well self-help books via CTM Library service and public libraries</li> </ul>	
 <p><b>I am struggling with my emotional wellbeing</b></p>	<ul style="list-style-type: none"> <li>Referral (self/manager) to Vivup Counselling service – <a href="https://www.vivup.co.uk">www.vivup.co.uk</a> / <b>03303 800 658</b></li> <li>Canopi helpline (9am-5pm, Monday to Friday) <b>0800 058 2738</b> or <a href="https://canopi.nhs.wales">canopi.nhs.wales</a> </li> </ul>	<ul style="list-style-type: none"> <li>Work-based Therapy Service – therapy for those affected by work based events which has caused significant distress or harm</li> <li>Mindfulness Based Living Course – 8 week course</li> </ul>	<ul style="list-style-type: none"> <li>Navigating Tough Times 8-week therapy group: Facilitated group helping staff to understand how they are feeling and responding to challenging situations </li> </ul>	
 <p><b>I am really struggling with my emotional wellbeing</b> Speak to your GP to access Mental Health services. If you are in mental health crisis please contact the emergency services or your local crisis team. </p>				

# Gwasanaethau Lles Gweithwyr



I gael mynediad i unrhyw un o'n gwasanaethau, llenwch ein Ffurflen Fynediad drwy sganio'r cod QR, mynd i <https://forms.office.com/e/G0nEXx9Rmt> neu anfon e-bost atom ar [ctm.gwasanaethaulles@wales.nhs.uk](mailto:ctm.gwasanaethaulles@wales.nhs.uk). Am fwy o wybodaeth ewch i <https://bipctm.gig.cymru/gwybodaeth-staff>

## Sut ydw i?



**Rwy'n teimlo'n iawn ac am aros yn iach yn emosiynol**

## Hunangymorth

- Dilynwch ni ar Twitter [@CTMWellExp](https://twitter.com/CTMWellExp)
- Gorffwys, Ymlacio ac Ailgysylltu – sesiwn meddwlgarwch yn seiliedig ar dosturi
- Clustffonau realiti rhithiol ar gyfer ymlacio a gweithgareddau meddwlgarwch



- Ffynnu: Dod ag Ymwybyddiaeth Ofalgar yn Fyw - cwrs ar-lein 4 wythnos, adnoddau, offer a phrofiadau o weithio gydag Ymwybyddiaeth, Cydbwysedd a Thosturi i ddod ag Ymwybyddiaeth Ofalgar i'ch bywyd.

- Cyrsiau Meddwlgarwch rhagarweiniol ar gael gan Valleys Steps [valleysteps.org](http://valleysteps.org)



## Cefnogi Staff Eraill

### Rheoli Lles Staff: Darparu'r Gorau i Staff a Chleifion.

Cwrs hyfforddi diwrnod llawn sy'n ceisio darparu'r sgiliau sydd eu hangen ar reolwyr i gefnogi lles eu timau



### Hyfforddiant Cefnogwr Lles

Cwrs hyfforddi 4 awr sy'n anelu at roi'r offer i staff gefnogi eu cydweithwyr a allai fod yn cael trafferth gyda'u lles emosiynol



### Ymyrraeth gan y Tîm Lles

Cefnogaeth i dimau sy'n cael trafferth

### Slotiau Ymgynghori i Reolwyr

Gofod i drafod lles cydweithiwr sy'n cael trafferth gyda'i les emosiynol



**Rwy'n dechrau cael trafferth gyda fy lles emosiynol**

- Bythau i reolwyr – cymorth lles unigol i reolwyr
- Menopos@CTM - cymorth i bobl sy'n profi symptomau menopos
- Cwrs Ffordd Iach o Fyw 10 wythnos i'ch helpu i golli pwysau a gwneud newidiadau cynaliadwy i'ch ffordd o fyw

- Gweithdai Lles e.e. Pryder, Hwyliau Isel, Cwsg, Ymlacio, Straen, Rhwystrau i Ymarfer Corff, Meithrin Gwydnwch
- Cymorth Cyntaf Trawma – cymorth i unigolion/timau y mae trawma yn y gwaith wedi effeithio arnynt

- Llinell gymorth Vivup 24/7, llyfrau gwaith ar-lein a chwnsela – **03303 800 658** a [www.vivup.co.uk](http://www.vivup.co.uk)
- Adnoddau ar-lein am ddim ar [ctmuhb.nhs.wales/staff](http://ctmuhb.nhs.wales/staff)
- Llyfrau hunangymorth Darllen yn Dda trwy wasanaeth llyfrgelloedd CTM a llyfrgelloedd cyhoeddus



**Rwy'n cael trafferth gyda fy lles emosiynol**

- Atgyfeiriad (gennych chi eich hun neu gan reolwr) at wasanaeth cwnsela Vivup [www.vivup.co.uk](http://www.vivup.co.uk) / **03303 800 658**
- Llinell gymorth Canopi (9am-5pm, Llun i Gwener) **0800 058 2738** neu [canopi.nhs.wales](http://canopi.nhs.wales)



- Gwasanaeth Therapi Seiliedig ar Waith - therapi ar gyfer y rhai y mae digwyddiadau yn y gwaith yn achosi gofid neu niwed sylweddol
- Cwrs Byw Seiliedig ar Feddwlgarwch – cwrs 8 wythnos o hyd

- Llywio Amseroedd Anodd Grŵp therapi 8 wythnos: Grŵp wedi'i hwyluso yn helpu staff i ddeall sut maent yn teimlo ac ymateb i sefyllfaoedd heriol



### Rydw i'n cael llawer o drafferth gyda fy lles emosiynol

Siaradwch â'ch meddyg teulu er mwyn cael mynediad at wasanaethau lechyd Meddwl. Os ydych mewn argyfwng iechyd meddwl, cysylltwch â'r gwasanaethau brys neu'ch tîm argyfwng lleol.

