

Cymorth ar gyfer iechyd meddwl ein staff pan fydd angen

Mae Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg (BIPCTM) yn ariannu mynediad i'r Rhaglen Cymorth i weithwyr (RCG) hon i sicrhau bod cymorth ar gael i'n holl weithwyr.

I gael mynediad i'r gwasanaeth, ffoniwch 03303 800658* Neu i ddod o hyd i'r ystod lawn o wasanaethau sydd ar gael, ewch i vivup.co.uk

*codir cyfradd leol ar alwadau

Mae ein rhaglen Vivup yn darparu amrywiaeth o wybodaeth a chymorth ymarferol ar gyfer problemau yn y gwaith a'r cartref gan gynnwys:

Gorbryder | Galar | Straen | Iselder | Problemau yn y Gweithle | Trawma | Perthnasoedd | Cyllid | Anawsterau Teuluol

Pa gefnogaeth sydd ar gael?

- Cefnogaeth, cyngor a gwybodaeth i helpu gyda'ch iechyd meddwl a'ch lles
- Mynediad dros y ffôn i weithwyr proffesiynol â chymwysterau priodol 24 awr y dydd, 7 diwrnod yr wythnos, 365 diwrnod y flwyddyn
- Cefnogaeth gwnsela gyfrinachol annibynnol a ddarperir gan bersonél gofalgwr gyda chymwysterau addas
- Rhaglen Therapi Gwybyddol Ymddygiadol (CBT) ar-lein ac ystod eang o lyfrau gwaith CBT

Cymorth cyfrinachol a diduedd ar gyfer uchafbwyntiau ac isafbwyntiau bywyd

Supporting our staff's mental health in times of need

Cwm Taf Morgannwg University Health Board (CTMUHB) are funding access to this Employee Assistance Programme (EAP) to ensure that help is available to all of our employees.

To access the service, simply call 03303 800658* Or to find the full range of services available, visit vivup.co.uk

* Calls charged at local rates

Our Vivup EAP provides a range of information and practical support for problems at work and home including:
Anxiety | Bereavement | Stress | Depression | Workplace Issues | Trauma | Relationships | Finances | Family Difficulties

What support is available?

- Support, advice and information to help with your mental health and wellbeing
- Telephone access to appropriately qualified professionals 24 hours a day, 7 days a week, 365 days a year
- Independent confidential counselling support provided by caring and suitably qualified personnel
- An online Cognitive Behavioural Therapy (CBT) programme and an extensive range of CBT workbooks

Confidential, impartial assistance for life's ups and downs