Cymorth Cyntaf Iechyd Meddwl Ieuenctid (Cymru)

Mae Cymorth Cyntaf Iechyd Meddwl Ieuenctid (Cymru) (CCIMI) yn dysgu'r sgiliau effeithiol a allai wneud gwahaniaeth mewn argyfwng. Gallai hefyd eich dysgu i achub bywyd.

Nid oes angen unrhyw gymwysterau na gwybodaeth a phrofiad blaenorol arnoch i ddilyn cwrs.

Cofrestrwch heddiw i fynd ar gwrs **www.mhfa-wales.org.uk**

Dyfyniadau gan rai sydd wedi cymryd rhan

"Os ydych chi'n mynd i ysbyty ar ôl torri eich coes, rydych chi'n cael cardiau, ymwelwyr ac anrhegion; ewch yno gyda thrallod meddwl, ac rydych chi fel arfer ar eich pen eich hun."

"Cefais brofiad yn y gorffennol pan nad oeddwn yn gallu helpu cydweithiwr â phroblemau iechyd meddwl, ond bellach, rydw i'n teimlo byddai gen' i'r modd i'w helpu."

"Mae'r hyfforddwr wedi rhoi cyngor a hyfforddiant rhagorol, yn ogystal â golwg graff ar yr anawsterau a wynebir gan bobl â phroblemau iechyd meddwl. Diolch i chi!!"

Cefndir

Mae hyfforddiant Cymorth Cyntaf Iechyd Meddwl (CCIM) a Chymorth Cyntaf Iechyd Meddwl Ieuenctid (CCIMI) yn rhan o raglen hyfforddi ryngwladol a gychwynnwyd yn Awstralia. Y nod yw hyrwyddo dull o roi cymorth cyntaf i bobl sydd mewn trallod.

Gellir cymharu cymorth cyntaf mewn argyfwng (corfforol) a chymorth cyntaf iechyd meddwl. Yn y ddau achos, gall aelodau o'r cyhoedd gynnig cymorth brys a helpu'r unigolyn i gael cymorth priodol.

Ariennir a chefnogir CCIMI (Cymru) gan Lywodraeth Cynulliad Cymru. Mae'n rhan o waith Cymru ar wella iechyd meddwl, ac yn uniongyrchol gysylltiedig â chynllun Llywodraeth Cynulliad Cymru, "Siarad â Fi" sydd â'r nod o leihau nifer yr achosion o hunanladdiad a hunan-niwed yng Nghymru.

Mae CCIMI hefyd yn canolbwyntio ar les meddyliol sy'n darged eglur i Arolygwyr ESTYN mewn addysg yng Nghymru.

Dibenion y cwrs

Nod CCIMI (Cymru) yw helpu'r rhai sy'n dilyn y cwrs i wneud y canlynol:

- Diogelu bywyd pan allai unigolyn fod yn beryglus iddo'i hun neu i eraill
- Rhoi cymorth er mwyn atal problem iechyd meddwl rhag datblygu'n gyflwr mwy difrifol
- Hyrwyddo adferiad iechyd meddwl da
- Cysuro unigolyn sy'n profi trallod meddwl

Rhaglen y cwrs

Mae'r cwrs 14 awr yn cynnwys nifer o feysydd, er enghraifft:

- Beth yw ystyr iechyd meddwl / afiechyd meddwl
- Arwyddion a symptomau problemau iechyd meddwl sy'n gyffredin i bobl ifanc, gan gynnwys iselder, anhwylderau gorbryder, seicosis, camddefnyddio sylweddau, anhwylderau bwyta, ac ymddygiad hunan-niweidiol
- Yr amrywiaeth o ymyraethau a thriniaethau effeithiol
- Sut i gael cymorth a chefnogaeth

Mae'r cwrs yn hyblyg, a gellid ei ddarparu mewn 2 ddiwrnod llawn neu mewn hyd at 4 sesiwn dros gyfnod o 4 diwrnod.

Cewch ddysgu'r sgiliau i helpu rhywun sy'n profi argyfwng iechyd meddwl neu sy'n datblygu problemau iechyd meddwl.

Bydd y rhai sy'n cymryd rhan yn cael tystysgrif presenoldeb a chopi dwyieithog o lawlyfr CCIMI (Cymru).

Hyfforddwyr CCIMI

Darperir y cwrs hwn gan hyfforddwyr sydd wedi eu dewis, eu hyfforddi a'u cymeradwyo'n arbennig. Mae'r hyfforddwyr yn gallu darparu hyfforddiant CCIMI ledled Cymru. Ceir hefyd nifer o hyfforddwyr sy'n gallu darparu hyfforddiant CCIMI trwy gyfrwng y Gymraeg. Mae gwybodaeth am yr holl hyfforddwyr cymeradwy ar gael yn **www.mhfa-wales.org.uk**

Manylion Cyswllt y Prosiect

I gael gwybodaeth am ddyddiadau, amserau a lleoliadau'r hyfforddiant Cymorth Cyntaf Iechyd Meddwl sydd ar y gweill ledled Cymru, ewch i **www.mhfa-wales.org.uk** neu cysylltwch â'ch hyfforddwr lleol.

Am ymholiadau cyffredinol ynglŷn â Chymorth Cyntaf Iechyd Meddwl neu i holi am hyfforddiant hyfforddwyr yn y dyfodol, ffoniwch unrhyw aelod o'r tîm Cymorth Cyntaf Iechyd Meddwl yn Mind Cymru ar 02920 395123

Gwerthusiadau cychwynnol o Gymorth Cyntaf Iechyd Meddwl Ieuenctid

Cafwyd sylwadau rhagorol gan y rhai sydd wedi cael hyfforddiant CCIMI (Cymru).

Mae gwerthusiadau ffurfiol, cychwynnol (Kelly ac eraill 2011) o Gymorth Cyntaf Iechyd Meddwl Ieuenctid wedi amlygu'r canlynol:

- Cynyddwyd gwybodaeth am broblemau iechyd meddwl pobl ifanc
- Newidiwyd agweddau er gwell tuag at bobl ifanc sy'n profi trallod iechyd meddwl
- Roedd pobl hefyd yn fwy tebygol o helpu person ifanc mewn trallod
- Mae gwerthusiadau o CCIM yn Rhyngwladol ar gael yn **www.mhfa.com.au/evaluation.shtml**

mind Cymru

O blaid gwell iechyd meddwl

For better mental health

Health Challenge Wales

Her Iechyd Cymru

Llywodraeth Cynulliad Cymru
Welsh Assembly Government

www cymru gov uk

Youth Mental Health First Aid

Youth Mental Health First Aid (Wales)

Youth Mental Health First Aid (Wales) (YMHFA) teaches the effective skills that could make a difference in a crisis. It could also teach you to save a life.

To attend a course, you don't need any qualifications, prior knowledge and experience.

Book on a course today
www.mhfa-wales.org.uk

Quotes from participants

"If you go into hospital with a broken leg, you get the cards, visitors and gifts; Go in with mental distress and you're usually on your own."

"I have had an experience in the past when I was unable to help a work colleague with mental health problems, but I feel I would now be better equipped to help that person."

"The trainer has given excellent advice, training and an insightful view into the difficulties that people with mental health issues face. Thank you!!"

Background

Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) training are part of an international training programme that originated in Australia and hope to promote a first aid approach to those people experiencing distress.

Comparisons can be drawn between emergency (physical) first aid and mental health first aid. In both cases members of the public can offer immediate aid and support the person to gain appropriate help.

YMHFA (Wales) is funded and supported by Welsh Assembly Government as part of Wales' work on mental health improvement, it directly relates to Welsh Assembly Governments plan "Talk to me" that aims to reduce suicide and self harm in Wales.

YMHFA also focussed on mental wellbeing which is a clear target for ESTYN Inspectors in education in Wales.

Course aims

YMHFA (Wales) aims to help participants:

- Preserve life where a person may be a danger to themselves or others
- Provide help to prevent a mental health problem developing into a more serious state
- Promote recovery of good mental health
- Provide comfort to a person experiencing mental distress

Course programme

The 14 hour course covers a number of topics including:

- What is meant by mental health / mental ill health
- The signs and symptoms of common mental health problems for young people including depression, anxiety disorders, psychosis, substance misuse, eating disorders and self harming behaviour
- The range of effective interventions and treatments
- How to access help and support

The course delivery is flexible and may be delivered over 2 full days or spread out over a maximum of 4 sessions over 4 days.

You can learn the skills to help someone who is experiencing a mental health crisis or developing mental health problems.

Participants will receive a certificate of attendance and a bilingual copy of the YMHFA (Wales) manual.

YMHFA Instructors

This course is delivered by specially selected, trained and approved instructors. Instructors are able to deliver YMHFA training throughout Wales. There are also a number of instructors that are able to deliver YMHFA training through the medium of Welsh. All approved instructor details can be found at www.mhfa-wales.org.uk

Project Contact details

For details of dates, times and venues for forthcoming Mental Health First Aid training throughout Wales visit www.mhfa-wales.org.uk or contact your local instructor.

For general enquiries on MHFA or to enquire about future instructor training please contact any member of Mental Health First Aid team at Mind Cymru on 02920 395123

Initial evaluations of Youth Mental Health First Aid

Initial feedback from participants that have received YMHFA (Wales) has been excellent.

Initial formal evaluations (Kelly et al 2011) of Youth Mental Health First Aid training have highlighted the following:

- Knowledge of young people's mental health problems increased
- Attitudes towards those experiencing mental health distress changed for the better
- There was also an increased likelihood of people helping a young person in distress
- Evaluations of MHFA Internationally can be found at www.mhfa.com.au/evaluation.shtml

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