

able futures

CYMORTH AR GYFER EICH IECHYD MEDDWL

Waeth beth sydd ar eich meddwl, os ydych chi'n cael problemau sy'n effeithio ar eich iechyd meddwl yn y gwaith, gall Able Futures helpu.

Gall Able Futures eich helpu i ymdopi gyda gorbryder, iselder, gofid neu straen, ac ymdrin â phroblemau megis salwch, aflonyddwch ar gwsg, dyledion neu berthynas yn torri i lawr.

Trefnir naw mis o gyngor ac arweiniad gan weithiwr iechyd meddwl proffesiynol, ar amser sy'n eich siwtio chi. Mae'r gwasanaeth hwn yn rhad ac ddim, yn hollol gyfrinachol, ac nid oes rhestr aros.

SIARADWCH AG ABLE FUTURES
EWCH I www.able-futures.co.uk/cymraeg
FFONIWCH 0800 321 3137

GET SUPPORT FOR YOUR MENTAL HEALTH

Whatever is on your mind, if you're experiencing issues that are affecting your mental health at work, Able Futures can help.

Nine months advice and guidance from a mental health professional will be arranged at a time to suit you. There is no cost to use this service, no waiting list and it's completely confidential.

TALK TO ABLE FUTURES
VISIT www.able-futures.co.uk
CALL 0800 321 3137



Able Futures sy'n daparu'r Gwasanaeth Cymorth Iechyd Meddwl Mynediad at Waith ar ran yr Adran Gwaith a Phensiynau a chaiff ei arwain gan Ingeus UK

Able Futures delivers the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions and is led by Ingeus UK