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Rhestr adnoddau a syniadau

Syniadau, adnoddau a phethau i feddwl amdanynt i'ch cynorthwyo i fodloni meini prawf gwobr Hafan Meddyliau Iach a datblygu cymuned ddysgu sydd ag agwedd gadarnhaol tuag at iechyd meddwl.

Man cychwyn da yw ymchwilio i'r hyn sy'n digwydd yn eich ardal chi. Efallai gallai'r awdurdod lleol, y GIG neu gyrff eraill weithio gyda chi i fodloni'r meini prawf. Efallai bydd rhai o'r gyrff a restrir isod yn gallu eich cynorthwyo i fodloni nifer o'r meini prawf, ond er hwylustod, dim ond unwaith rydym wedi nodi pob un. Gan mai yn y Gogledd-ddwyrain y crëwyd ac y lanswyd Hafan Meddyliau Iach rydym hefyd wedi cynnwys gyrff sy'n lleol i ni, ond mae'n debyg y bydd gennych gyrff cefnogol tebyg yn eich ardal chithau hefyd.

1) Rhaid bod gan ysgolion o leiaf ddau aelod staff sydd wedi'u hyfforddi mewn Cymorth Cyntaf Iechyd Meddwl

- Cymorth Cyntaf Iechyd Meddwl Cymru: <https://mhfawales.org/>
- Yn y Gogledd-ddwyrain bu cynllun peilot mewngymorth ysgolion y Gwasanaethau Iechyd Meddwl Plant a'r Glasoed yn cynnig hyfforddiant ar gyfer aelodau staff ysgolion yn Wrecsam a Sir Ddinbych. Cyswllt: BCU.CAMHSSchoolsinreach@wales.nhs.uk
- Fel pobl ifanc, gwyddom y gall hi fod yn heriol iawn gofyn am gymorth pan ydych yn ei chael yn anodd. Rydym am i ysgolion a sefydliadau sy'n mynd i'r afael â maes iechyd meddwl ddeall pwysigrwydd cymorth cyfoedion – weithiau ni all pobl ifanc fynd yn syth at aelod staff neu sefydliad am gymorth a bydd angen cyfaill arnynt i'w cefnogi neu i gynorthwyo i ddweud beth sy'n digwydd.
- Mae'n hollbwysig tynnu sylw at y ffaith y gall pobl ifanc fynegi pryderon a gofalon yn ddi-enw yn yr ysgol, neu drwy gysylltu â gwasanaeth cymorth cyfrinachol allanol (megis Meic Cymru: <https://www.meiccymru.org/cym/>) os nad ydynt yn teimlo'n barod i siarad â rhywun wyneb yn wyneb.

2) Rhaid bod gan ysgolion ofod diogel ar y safle y gall myfyrwyr fynd iddo pan fyddant yn cael pethau'n anodd, gydag aelod staff sydd wedi'i hyfforddi'n briodol ar gael.

- Ysgolion Iach yn Emosiynol: <https://emotionallyhealthyschools.org/provide/safe-spaces/>
- Siaradwch â'ch myfyrwyr i weld beth fyddai'n bwysig iddynt mewn gofod diogel, neu sut y gallech wella'r gofod diogel rydych eisoes yn ei ddarparu.



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- Cysylltwch â ni os hoffech wybod mwy am yr hyn mae ysgolion yn ei wneud a’r hyn yr hoffai arweinwyr ifanc TCC ei weld mewn gofod diogel ar y safle.
- Ystyriwch sut y byddwch yn sicrhau bod cymorth ar gael os bydd yr ysgol ar gau, neu os yw rheoliadau COVID yn cyfyngu ar argaeledd y cymorth bugeiliol neu’r gofod diogel arferol. Er enghraifft, allech chi sefydlu Ystafell Ddosbarth Google Hafan Meddyliau Iach?

3) Sicrhau hyfforddiant ymwybyddiaeth gyffredinol ar gyfer HOLL aelodau’r staff (gan gynnwys cyflwyniad i iechyd meddwl, y ffyrdd mae’n effeithio ar bobl ifanc ac oedolion, a’r iaith i’w defnyddio i gynorthwyo’r rhai sy’n profi problemau gyda’u hiechyd meddwl)

- A allai aelodau staff ddysgu drwy gwrs ar-lein? Ynteu a allai hyfforddwr allanol gynnal sesiwn ar ddiwrnod hyfforddi staff?
- Amser i Newid Cymru: <https://www.timetochangewales.org.uk/cy/>
- Hyfforddiant Ymwybyddiaeth Iechyd Meddwl I CAN: <https://bcuhb.nhs.wales/i-can/i-can-mental-health-awareness-training/>
- Plant yng Nghymru - Iechyd Meddwl a Lles Meddyliol mewn Plant a Phobl Ifanc: <https://www.childreninwales.org.uk/cy/items/category/hyfforddiant-a-gomisiynwyd/>
- Ymwybyddiaeth Iechyd Meddwl Ar-lein: <https://hsqe.co.uk/course/mental-health-awareness/>
- Cyrsiau iechyd meddwl rhithwir ar gyfer y gweithle: <https://resources.redcrossfirstaidtraining.co.uk/virtual-mental-health-training-courses>

4) Arddangos bwrdd Pum Llwybr tuag at Deimlo’n Dda a gwybodaeth arall

- Cysylltwch â’ch Tîm Ysgolion Iach Lleol: <https://www.publichealthnetwork.cymru/cy/social-determinants/education/cynlluniau-ysgolion-iach-rhwydwaith-cymru/>
- Mae gan Mind a’r wefan GIG ill dau wybodaeth ddefnyddiol ynghylch y Pum Llwybr tua at Deimlo’n Dda:
 - <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>
 - <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
- Cysylltwch â sefydliadau a gwasanaethau iechyd meddwl lleol i weld beth maent yn ei gynnig. Dyma rai enghreifftiau o sefydliadau yn y Gogledd-ddwyrain:
 - KIM Inspire <https://kim-inspire.org.uk/cy/>
 - Siop Wybodaeth Wrecsam: <http://youngwrexham.co.uk/cy/info/info-shop/>



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- Advance Brighter Futures <https://www.advancebrighterfutureswrexham.co.uk/wp/>
- Meddyliwch am ffyrdd eraill o rannu'r wybodaeth hon sy'n gweithio ar gyfer eich ysgol chi, megis cyflwyniadau PowerPoint byrion ar gyfer grwpiau tiwtora neu wasanaethau ysgol.
- Mindkit: <https://www.mindkit.org.uk/5-ways-to-wellbeing/>

5) Dathlu Ddiwrnod Iechyd Meddwl y Byd ar 10 Hydref, neu drefnu eich diwrnod neu ddigwyddiad ymwybyddiaeth eich hun

- Diwrnod Iechyd Meddwl y Byd: <https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>
- Gŵyl Iechyd Meddwl: <https://nowandbeyond.org.uk/>
- Wythnos Ymwybyddiaeth Iechyd Meddwl: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>
- Wythnos Iechyd Meddwl Plant <https://www.childrensmentalhealthweek.org.uk/>
- Diwrnod Amser i Siarad: <https://www.time-to-change.org.uk/get-involved/time-talk-day>
- Mae gan Amser i Newid hefyd galendr iechyd meddwl ar gyfer y flwyddyn: <https://www.time-to-change.org.uk/get-involved/get-your-workplace-involved/resources/mental-health-calendar>

6) Hyrwyddo iechyd meddwl cadarnhaol ledled cymuned ehangach yr ysgol, gan gefnogi pobl ifanc, aelodau staff a rhieni

- Rydym am eich annog i ddechrau sgysiau cadarnhaol ac agored am iechyd meddwl, a'r hyn yr hoffai cymuned eich ysgol ei weld. Er enghraifft, dangosodd sgysiau gydag arweinwyr ifanc o fewn TCC fod pobl ifanc am i rai sy'n profi gorbryder allu defnyddio ystafell arholiad ar wahân pe byddai angen.
- Ystyriwch pa mor hygyrch yw'r hyn rydych yn ei wneud. Er enghraifft, sut fyddai myfyriwr â nam ar y golwg a/neu heb fynediad digidol yn gallu sicrhau cymorth ac adnoddau?
- Dysgwch ragor am Ddull Ysgol Gyfan o ymdrin â iechyd meddwl a lles meddyliol: <https://llyw.cymru/sefydlu-dull-ysgol-gyfan-o-ymdrin-ag-iechyd-lles-meddyliol?>
- Ysgolion Meddyliol Iach: <https://www.mentallyhealthyschools.org.uk/>
- Y Sefydliad Iechyd Meddwl: <https://www.mentalhealth.org.uk/>
- Canolfan Genedlaethol Anna Freud ar gyfer Plant a Theuluoedd / Ysgolion Meddyliol Iach – Pecyn Edrych yn Ôl a Chynllunio at y Dyfodol: https://mentallyhealthyschools.org.uk/resources/looking-back-and-planning-ahead-toolkit/?utm_source=fb&utm_medium=paid+social&utm_campaign=endof2020&utm_content=toolkit



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7) Gosod tudalen ar wefan yr ysgol yn ymwneud â iechyd meddwl, dulliau hunangymorth a gwybodaeth am wasanaethau cymorth

- Meddyliwch ynghylch sut y byddwch yn dweud wrth gymuned eich ysgol sut mae cyrraedd y dudalen hon ar eich gwefan ac unrhyw adnoddau sydd gan eich ysgol ar-lein. A ellid rhannu gwybodaeth mewn gwasanaethau, gwersi ABCh neu grwpiau tiwtora?
- YoungMinds: <https://youngminds.org.uk/>
- Defnyddio Gwasanaethau Iechyd Meddwl Plant a'r Glasoed: <https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/>
- GIG Cymru: <https://111.wales.nhs.uk/default.aspx?locale=cy>
- Meic Cymru: <https://www.meiccymru.org/cym/>
- Gwybodaeth Mind ar gyfer pobl ifanc: <https://www.mind.org.uk/cy/gwybodaeth-ar-gyfer-pobl-ifanc/>
- Childline: <https://www.childline.org.uk/>
- Mind y Gogledd-ddwyrain: <https://www.newmind.org.uk/#>
- Hafal: <https://www.hafal.org/cy/>
- Llinell Gymorth Iechyd Meddwl ar gyfer Cymru: <https://www.callhelpline.org.uk/> (gwasanaeth gwranddo a chymorth cyfrinachol)
- Iechyd Meddwl Cymru: <http://www.iechydmeddwlcyrmru.net/>
- Bwlio: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
- Viva LGBT: <https://www.vivalgbt.co.uk/>
- Headspace: <https://www.headspace.com/>
- Stem 4 – cymorth ar gyfer iechyd meddwl pobl yn eu harddegau (apiau am ddim ar gael): <https://stem4.org.uk/>
- Apiau myfyrio ar gyfer teimlo'n dda: <https://www.thegoodtrade.com/features/best-meditation-apps>
- Cymorth atal hunanladdiad ar gyfer pobl ifanc <https://www.papyrus-uk.org/?lang=cy>
- Y Rhwydwaith Therapi Du, Affricanaidd ac Asiaidd: <https://www.baatn.org.uk/>

8) Cynnwys sesiynau ABCh ynghylch iechyd meddwl ar gyfer pob grŵp blwyddyn

- Canfyddwch pa sefydliadau allanol sy'n cyflwyno sesiynau ar gyfer myfyrwyr ysgol.
- Mae yna amrywiaeth ryfeddol o adnoddau ar Hwb, gan gynnwys y Pecyn Cymorth Iechyd Meddwl Pobl Ifanc a gafodd ei lansio'n ddiweddar: <https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/cy?sort=recent&strict=1>



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- Timau Ysgolion Iach:
<https://www.publichealthnetwork.cymru/cy/social-determinants/education/cynlluniau-ysgolion-iach-rhwydwaith-cymru/>
- Prosiect Ymwybyddiaeth Ofalgar mewn Ysgolion: <https://mindfulnessinschools.org/teach-dot-b/dot-b-curriculum/>



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Resources and ideas list

Ideas, resources, and things to think about to help you meet the Healthy Minds Haven Award criteria, and develop a learning community that is positive about mental health.

It's a good starting point to research what is happening in your area. The local authority, NHS or other organisations may be able to work with you to meet these criteria. Some of the organisations listed below may be able to support you to complete several sections, but for ease we've only listed them once. As Healthy Minds Haven was created and launched in North East Wales, we've also mentioned organisations that are local for us, but it's likely you will have similar supportive organisations in your area.

1) Schools must have a least 2 members of staff trained in Mental Health First Aid

- Mental Health First Aid Wales: <https://mhfawales.org/>
- In North East Wales the CAMHS School In-Reach Pilot has been offering training for school staff in Wrexham & Denbighshire. Contact: BCU.CAMHSSchoolsinreach@wales.nhs.uk
- As young people, we know it can be very difficult to come forward to seek support when you are struggling. We want schools and organisations working around mental health to understand the importance of peer support - sometimes young people can't go directly to a member of staff or an organisation for help, and need a friend to be there with them for support, or to help say what is happening.
- It is vital to highlight how young people can raise worries and concerns anonymously at school, or through contacting an external confidential support service (such as Meic Cymru: <https://www.meiccymru.org/>) if they don't feel ready to speak to someone face-to-face.

2) Schools must have a physical safe space that students can access when they are struggling, with a trained member of staff available.

- Emotionally Healthy Schools: <https://emotionallyhealthyschools.org/provide/safe-spaces/>
- Speak to your students and see what would be important to them in a physical safe space, or how you can improve the space you already provide.
- Contact us if you would like to hear more about what schools are doing, and what TCC young leaders would like to see in a physical safe space.
- Consider how you will make support accessible if school is closed, or Covid restrictions limit access to the usual pastoral support/safe spaces. For example, could you set up a Healthy Minds Haven Google classroom?



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3) General awareness training for ALL staff members (including an introduction to mental health, how it affects young people and adults, and the language to be used to support those experiencing issues with mental health)

- Could staff learn through an online course? Or could an external trainer run a session on a staff training day?
- Time to Change Wales: <https://www.timetochangewales.org.uk/en/>
- I CAN Mental Health Awareness Training: <https://bcuhb.nhs.wales/i-can/i-can-mental-health-awareness-training/>
- Children in Wales - Mental Health and Wellbeing in Children & young people: <https://www.childreninwales.org.uk/items/category/commissioned-training/>
- Mental Health Awareness online: <https://hsqe.co.uk/course/mental-health-awareness/>
- Virtual mental health courses for the workplace: <https://resources.redcrossfirstaidtraining.co.uk/virtual-mental-health-training-courses>

4) 5 ways to wellbeing board/information board on show

- Contact your local Healthy Schools Team: <https://www.publichealthnetwork.cymru/en/social-determinants/education/welsh-network-of-healthy-school-schemes-wnhss/>
- Both Mind and the NHS website have useful information covering the 5 Ways to Wellbeing:
 - <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>
 - <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
- Contact local mental health organisations and services to see what they offer. Here are some examples of organisations in North East Wales:
 - KIM Inspire <https://kim-inspire.org.uk/>
 - Wrexham Infoshop: <http://youngwrexham.co.uk/info/info-shop/>
 - Advanced Brighter Futures <https://www.advancebrighterfutureswrexham.co.uk/wp/>
- Consider other ways to share this information that works for your school, such as short PowerPoints for tutor groups or assemblies.
- Mindkit: <https://www.mindkit.org.uk/5-ways-to-wellbeing/>

5) Celebrate World Mental Health Day on 10th October, or organise your own awareness day/event

- World Mental Health Day: <https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>
- Mental Health Festival: <https://nowandbeyond.org.uk/>



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- Mental Health Awareness Week: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>
- Children's Mental Health Week <https://www.childrensmentalhealthweek.org.uk/>
- Time to Talk Day: <https://www.time-to-change.org.uk/get-involved/time-talk-day>
- Time to Change also have a mental health calendar for the year: <https://www.time-to-change.org.uk/get-involved/get-your-workplace-involved/resources/mental-health-calendar>

6) Promote positive mental health across the wider school community, supporting young people, staff, and parents

- We encourage you to start positive and open conversations about mental health, and what your school community would like to see. For example, conversations with young leaders at TCC revealed young people wanted those who experience anxiety to be able to access a separate exam room if required.
- Consider the accessibility of what you are doing. For example, how would a student who is visually impaired, and/or digitally excluded access support and resources?
- Find out more about the Whole-School Approach to Mental Health and Wellbeing: <https://gov.wales/embedding-whole-school-approach-mental-health-and-well-being>
- Mentally Healthy Schools: <https://www.mentallyhealthyschools.org.uk/>
- Mental Health Foundation: <https://www.mentalhealth.org.uk/>
- Anna Freud National Centre for Children and Families/Mentally Healthy Schools – Looking Back and Planning Ahead Toolkit: https://mentallyhealthyschools.org.uk/resources/looking-back-and-planning-ahead-toolkit/?utm_source=fb&utm_medium=paid+social&utm_campaign=endof2020&utm_content=toolkit

7) Page on the school website dedicated to mental health, self-help techniques, and signposting to support services

- Think about how you will highlight to your school community where to access this page on your website and any online resources your school has. Could reminders be shared in assemblies, PSE or tutor groups?
- Young Minds: <https://youngminds.org.uk/>
- Accessing CAMHS: <https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/>
- NHS Wales: <https://111.wales.nhs.uk/>
- Meic Cymru: <https://www.meiccymru.org/>



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- Mind's information for young people: <https://www.mind.org.uk/information-support/for-children-and-young-people/>
- Childline: <https://www.childline.org.uk/>
- North East Wales Mind: <http://www.newmind.org.uk/>
- Hafal: <https://www.hafal.org/>
- Mental Health Helpline for Wales: <https://www.callhelpline.org.uk/> (confidential listening and support service)
- Mental Health Wales: <http://www.mentalhealthwales.net/>
- Bullying: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
- Viva LGBT: <https://www.vivalgbt.co.uk/>
- Headspace: <https://www.headspace.com/>
- Stem 4 – supporting teenage mental health (free apps available): <https://stem4.org.uk/>
- Meditation apps for wellbeing <https://www.thegoodtrade.com/features/best-meditation-apps>
- Suicide prevention support for young people <https://www.papyrus-uk.org/>
- The Black, African and Asian Therapy Network: <https://www.baatn.org.uk/>

8) Include PSE sessions on mental health for all year groups.

- Find out which external organisations deliver sessions for school students.
- There are a fantastic range of resources on Hwb, including the recently launched Young Person's Mental Health Toolkit: <https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/en>
- Healthy Schools Teams: <https://www.publichealthnetwork.cymru/en/social-determinants/education/welsh-network-of-healthy-school-schemes-wnhss/>
- Mindfulness in Schools Project: <https://mindfulnessinschools.org/teach-dot-b/dot-b-curriculum/>



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