



## Health, Well-Being & Support Services



Mother & Baby



Arts & Crafts



Staying Active



Eating Well



Help & Support



Lifestyle Choices

Many things can affect your health & well-being, including your lifestyle, family & friends, where you live and where you work. Your health & well-being is important, and there are lots of groups and services who can provide help, advice and information.



So, whether you're looking for extra support dealing with an illness, would like to get more active or would like to make new friends, take up a new hobby or become more involved in your local community - Visit the **Local Services** section of the NHS Direct Wales web site at: [www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk) - Simply search the **Health, Well-Being & Support Database** for a group or service that could help you, or call NHS Direct Wales on **0845 46 47** and speak to one of our advisers.



You can even have the contact details of the group or service you're looking for sent direct to your mobile phone for free! Just click 'Send to Mobile'.

[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

0845 46 47

## Gwasanaethau Iechyd, Cymorth a Lles



Mamau a Babanod



Celf a Chrefft



Cadw'n Fywiog



Bwyta'n Iach



Cymorth



Ffordd o fyw

Mae nifer o bethau yn gallu effeithio eich iechyd a lles, yn cynnwys eich ffordd o fyw, teulu a ffrindiau, ble rydych yn byw a ble rydych yn gweithio. Mae eich iechyd a lles yn bwysig, ac mae yna lawer o wasanaethau a grwpiau sy'n gallu darparu cymorth, cyngor a gwybodaeth.



Felly, os ydych yn chwilio am gymorth ychwanegol i ddelio gyda afiechyd, hoffech fod yn fwy actif neu cwrdd â ffrindiau newydd, cychwyn hobi newydd neu hoffech chwarae mwy o rhan yn eich cymuned lleol – ewch at adran **Gwasanaethau Lleol** gwefan Galw Iechyd Cymru sef: [www.galwiechydymru.wales.nhs.uk](http://www.galwiechydymru.wales.nhs.uk) - yna chwiliwch y **Cronfa Ddata Iechyd Cymorth a Lles** i gael grŵp neu gwasanaeth gall eich helpu chi neu cysylltwch gyda Galw Iechyd Cymru ar **0845 46 47** a siaradwch gyda cyngorydd.



Gallwch hefyd gael manylion cysylltu y grŵp neu gwasanaeth wedi danfon yn syth at eich ffon symudol! Dewiswch 'Anfon i ffon symudol'.

[www.galwiechydymru.wales.nhs.uk](http://www.galwiechydymru.wales.nhs.uk)

**0845 46 47**

Mae'r ddogfen hon hefyd ar gael mewn ieithoedd eraill, print bras ac yn glywedol trwy wneud cais. Cysylltwch â Chyfathrebiadau Corfforaethol ar 01745 532948.