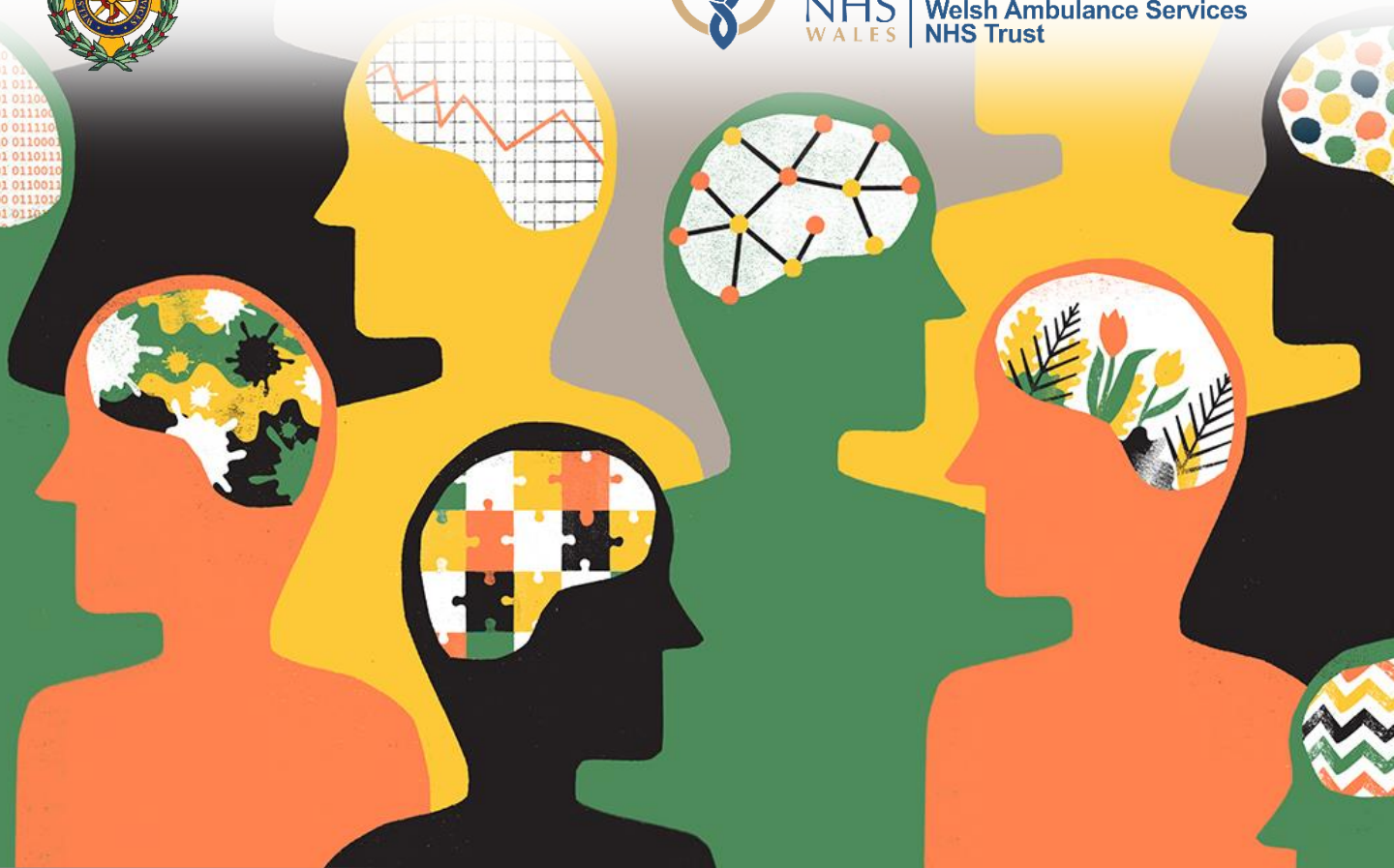




GIG  
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Ymddiriedolaeth GIG  
Gwasanaethau Ambiwylans Cymru

Welsh Ambulance Services  
NHS Trust



# Welsh Ambulance Service

## Mental Health & Wellbeing Support

**Tuesday 30<sup>th</sup> November 2021, 2.00pm – 3.00pm**

Join us online, using Zoom, to find out where to get the right support for you, your loved ones, your neighbours or the people you care for as winter approaches.

You don't need to register to attend. Drop in on the day - [click this link](#).

For further information you can also:

**Email:** [peci.team@wales.nhs.uk](mailto:peci.team@wales.nhs.uk) or **Tel:** 0300 123 9207

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



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# Gwasanaeth Ambiwylans Cymru

## Cymorth am lechyd Meddwl a Lles

**Dydd Mawrth 30 Tachwedd 2021, 2.00yh – 3.00yh**

Ymunwch â ni ar-lein, gan ddefnyddio Zoom, i gael gwybod ble i gael y gefnogaeth gywir i chi, eich anwyliaid, eich cymdogion neu'r bobl rydych chi'n gofalu amdanynt wrth i'r gaeaf nesáu.

Nid oes angen i chi gofrestru i fod yn bresennol. Galwch galw mewn ar y diwrnod - [cliciwch y ddolen hon](#).

I gael rhagor o wybodaeth gallwch hefyd danfon:

**E-bost:** [peci.team@wales.nhs.uk](mailto:peci.team@wales.nhs.uk) neu **Ffoniwch:** 0300 123 9207

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