Canopi

We're here to help

Canopi is a free, confidential service providing access to mental health and wellbeing support to social care and NHS staff in Wales.

We understand the pressure that comes with working in health and social care and we want you to know that we're here to help.

We aim to provide support to those with symptoms and conditions such as:

- feeling overwhelmed and distressed
- anxiety and depression
- post-traumatic stress disorder (PTSD)

Through Canopi you can access:

- Self-help
- Guided self-help
- Peer support
- Virtual face-to-face consultations
- Alcohol Support Service

For more information visit:

canopi.nhs.wales

Previously known as:

HHP Health for Health Professionals Wales
Iechyd i Weithwyr Iechyd Proffesiynol Cymru

0800 058 2738
canopi@cardiff.ac.uk

9am-5pm Monday to Friday
Closed on Bank Holidays

Cardiff University
Prifysgol Caerdydd

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Canopi

Rydym yma i'ch helpu

Mae **Canopi** yn wasanaeth cyfrinachol rhad ac am ddim sy'n rhoi mynediad at gymorth iechyd meddwl a lles i staff sy'n gweithio yn sefydliadau gofal cymdeithasol a'r GIG yng Nghymru.

Rydym yn deall y pwysau sy'n gysylltiedig â gweithio ym maes iechyd a gofal cymdeithasol, ac rydym am i chi wybod ein bod ni yma i'ch helpu.

Ein nod yw rhoi cymorth i'r rhai sydd â symptomau a chyflyrau megis:

- teimlo'n drech na gofidus
- gorbryder ac iselder
- anhwylder straen wedi trawma

Trwy Canopi gallant gael mynediad at:

- Hunangymorth
- Hunangymorth dan arweiniad
- Cymorth gan gymheiriaid
- Ymgynghoriadau wyneb-yn-wyneb rhithwir
- Gwasanaeth Cymorth Alcohol

I gael rhagor o wybodaeth ewch i:

canopi.nhs.wales

Cyfeiriwyd ato'n flaenorol fel:

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Iechyd i Weithwyr Iechyd Proffesiynol Cymru

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9yb-5yp dydd Llyn i ddydd Gwener
Ar gau ar wyliau banc

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