

PAVO Mental Health Information Service



We are here to try and answer your questions about mental health and well-being in Powys. We can provide information on:

- Mental health services in your area
- Events, training and courses
- Voluntary sector opportunities and support
- Local and national mental health news

Find out what is happening in the world of mental health

Browse our website

www.powysmentalhealth.org.uk

Sign up to our regular **eBulletin**
mentalhealth@pavo.org.uk

Join the debate around mental health

powysmentalhealth.blogspot.co.uk

We promote and question ideas, learning and thoughts about mental health and feature guest posts about personal experiences and voluntary sector projects. We love to hear from anyone with an interest in mental health and wellbeing and can support people to write guest posts.

Follow us on Twitter and Facebook

[f](#) Powys Experts by Experience
Facebook page

[t](#) @PAVOMH

Participation

There are always opportunities to get involved in shaping mental health services.

Stand Up! for Emotional Health & Well-being

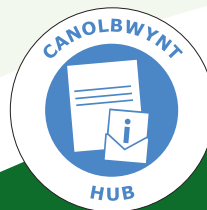
These networks meet in the six main towns in Powys and give people using mental health services and those close to them, an opportunity to discuss services with the professionals who work in them.

Individual Representatives

Volunteers have an option to become Individual Representatives who present the views of mental health services users and carers on Partnership Boards in Powys and nationally. They ensure that the people making strategic decisions about mental health services take into account the opinions of people using those services.

'Coffee Moanings'

There are also ways to 'have your say' more informally. Coffee Moanings are being held across Powys and offer an opportunity for constructive criticism to meet cake. Anyone with an interest or experience of mental health services in Powys can attend and get their voice heard. Emerging issues are fed back via the Individual Representatives at the Partnership Board meetings.



Y Tîm Iechyd Meddwl



Sefyll dros iechyd a llesiant emosiynol



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Rhif Elusen Gofrestredig: 1069557
Cwmni Cyfyngedig drwy warant 3522144
Wedi ei gofrestru yng Nghymru

Gwasanaeth Gwybodaeth Iechyd Meddwl PAVO



Ein diben yw ceisio ateb eich cwestiynau ar iechyd meddwl a llesiant ym Mhowys. Gallwn ddarparu gwybodaeth ar:

- Wasanaethau Iechyd Meddwl yn eich ardal
- Digwyddiadau, hyfforddiant a chysiau
- Cyfleoedd o fewn a chymorth gan y Sector Gwirfoddol
- Newyddion lleol a chenedlaethol ym maes iechyd meddwl

***Dysgu mwy am yr hyn sy'n
digwydd ym maes iechyd meddwl***

Pori'r wefan

www.powysmentalhealth.org.uk

Cofrestru i dderbyn yr **eFwletin** rheolaidd
mentalhealth@pavo.org.uk

Cyfrannu at y ddadl ar iechyd meddwl

powysmentalhealth.blogspot.co.uk

Rydym yn hyrwyddo ac yn gofyn cwestiynau am syniadau, addysg a barn pobl ym maes iechyd meddwl, ac yn cynnwys blogiau gwadd ar brofiadau personol a phrosiectau'r sector gwirfoddol. Byddem wrth ein bodd yn clywed gan unrhyw un sydd â diddordeb mewn iechyd meddwl a llesiant, a gallwn gefnogi pobl i lunio cyfraniadau.

Dilynwch ni ar Drydar a Facebook

[f](#) Powys Experts by Experience
Tudalen Facebook

[t](#) @PAVOMH

Cyfranogiad

***Mae cyfleoedd ar gael o hyd os ydych
am gyfrannu at siapia gwasanaethau
iechyd meddwl.***

Sefyll dros Iechyd a Llesiant Emosiynol!

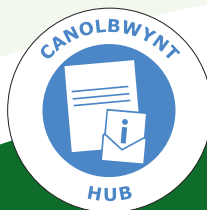
Yn 6 prif dref Powys y mae'r rhwydweithiau hyn yn cwrdd ac maent yn rhoi cyfle i'r bobl sy'n defnyddio gwasanaethau iechyd meddwl, ac unigolion agos atynt, drafod y gwasanaethau gyda'r gweithwyr proffesiynol a gyflogir ganddynt.

Cynrychiolwyr Unigol

Gall gwirfoddolwyr ddewis bod yn Gynrychiolwyr Unigol sy'n cyflwyno sylwadau defnyddwyr gwasanaethau iechyd meddwl a gofalwyr ar Fyrddau Partneriaeth Powys a chenedlaethol. Maent yn sicrhau fod y bobl sy'n gwneud penderfyniadau strategol am wasanaethau iechyd meddwl yn ystyried sylwadau'r bobl sy'n defnyddio'r gwasanaethau hynny.

'Coffee Moanings'

Yn ogystal gellir 'dweud eich dweud' mewn ffyrdd anffurfiol. Cynhelir 'Coffee Moanings' ar draws Powys sy'n cynnig cyfle i drafod beirniadaeth adeiladol dros baned a chacen. Gall unrhyw un sydd â diddordeb neu brofiad o wasanaethau iechyd meddwl ym Mhowys fynd a lleisio eu barn. Caiff sylwadau ar bynciau perthnasol eu bwydo nôl i Gynrychiolwyr Unigol yng nghyfarfodydd y Bwrdd Partneriaeth.



Mental Health Team

**Standing up
for
emotional
health
and
well-being**



Powys Association of Voluntary Organisations

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