



Llywodraeth Cymru
Welsh Government

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Mesur Iechyd Meddwl (Cymru) 2010

Mae Mesur Iechyd Meddwl (Cymru) 2010 yn ddeddf newydd a wnaed gan Llywodraeth Cymru a fydd yn helpu pobl â phroblemau iechyd meddwl mewn pedair ffordd wahanol.

Gwasanaethau Cymorth Iechyd Meddwl Sylfaenol Lleol

Bydd y Mesur yn gwneud yn siŵr fod mwy o wasanaethau ar gael i'ch meddyg teulu eich anfon atynt os oes gennych broblemau iechyd meddwl fel gorbryder neu iselder. Gall y gwasanaethau hyn, a all gynnwys er enghraifft cwnsela, rheoli straen a gorbryder, fod ar gael naill ai yn eich meddygfa neu gerllaw fel ei bod yn haws cael atynt.

Byddant hefyd yn dweud wrthyfych am wasanaethau eraill a allai eich helpu, fel y rhai a ddarperir gan grwpiau gwirfoddol lleol neu gyngor ar arian neu dai.

Cydgysylltu Gofal a Chynllunio Gofal a Thriniaeth

Mae gan rai pobl broblemau iechyd meddwl sy'n gofyn am ofal a chymorth mwy arbenigol (a ddarperir weithiau mewn ysbyty). Os ydych yn cael y gwasanaethau hyn yna bydd eich gofal a'ch triniaeth yn cael eu harolygu gan weithiwr proffesiynol fel seiciatrydd, nyrs neu weithiwr cymdeithasol. Gelwir y bobl hyn yn Gydgysylltwyr Gofal a byddant yn ysgrifennu cynllun gofal a thriniaeth ar eich cyfer – gan gydweithio â chi gymaint â phosibl. Bydd y cynllun hwn yn nodi'r amcanion rydych yn gweithio tuag atynt a'r gwasanaethau a ddarperir gan y GIG a'r awdurdod lleol i'ch helpu i'w cyrraedd. Rhaid i'r cynllun hwn gael ei adolygu gyda chi o leiaf unwaith y flwyddyn.

Aseiad o bobl sydd wedi defnyddio gwasanaethau iechyd meddwl o'r blaen

Os ydych wedi cael triniaeth arbenigol yn y gorffennol ac wedi'ch rhyddhau gan fod eich cyflwr yn gwella, ond nawr rydych yn teimlo bod eich iechyd meddwl yn gwaethygu, yna gallwch fynd nôl yn syth at y gwasanaeth iechyd meddwl a oedd yn gofalu amdanoch o'r

blaen a gofyn iddyn nhw edrych i weld a oes angen cymorth neu driniaeth bellach arnoch. Nid oes angen ichi fynd at eich meddyg teulu yn gyntaf, er y gallech ddymuno siarad drwy bethau gydag ef. Gallwch ofyn am hyn hyd at dair blynedd ar ôl ichi gael eich rhyddhau o'r tîm arbenigol.

Eiriolaeth Iechyd Meddwl Annibynnol

Os ydych yn yr ysbyty ac yn dioddef o broblemau iechyd meddwl gallwch ofyn am help gan Eiriolwr Iechyd Meddwl Annibynnol. Mae'r Eiriolwr yn arbenigwr mewn iechyd meddwl a fydd yn eich helpu chi i wneud eich safbwyntiau'n hysbys ac i wneud penderfyniadau ynghylch eich gofal a'ch triniaeth (ond ni fydd yn gwneud penderfyniadau ar eich rhan!).

Os oes gennych unrhyw gwestiynau am y Mesur Iechyd Meddwl a'r hyn y mae'n ei olygu i chi, yna cysylltwch â ni yn:
mentalhealthandvulnerablegroups@cymru.gsi.gov.uk



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The Mental Health (Wales) Measure 2010

The Mental Health (Wales) Measure 2010 is a new law made by the Welsh Government which will help people with mental health problems in four different ways.

Local Primary Mental Health Support Services

The Measure will make sure that more services are available for your GP to refer you to if you have mental health problems such as anxiety or depression. These services, which may include for example counselling, stress and anxiety management, will either be at your GP practice or nearby so it will be easier to get to them.

You will also be told about other services which might help you, such as those provided by groups such as local voluntary groups or advice about money or housing.

Care Coordination and Care and Treatment Planning

Some people have mental health problems which require more specialised care and support, (sometimes provided in hospital). If you are receiving these services then your care and treatment will be overseen by a professional such as a psychiatrist, psychologist, nurse or social worker. These people will be called Care Coordinators and will write you a care and treatment plan – working with you as much as possible. This plan will set out the goals you are working towards and the services that will be provided by the NHS and the local authority and other agencies to help you reach them. This plan must be reviewed with you at least once a year.

Assessment of people who have used specialist mental health services before

If you have received specialised treatment in the past and were discharged because your condition improved, but now you feel that your mental health is becoming worse, then you can go straight back to the mental health service which was looking after you before and ask them to check whether you need any further help or

treatment. You don't need to go to your GP first, although you may wish to talk it through. You can ask for this up to three years after you are discharged from the specialist team.

Independent Mental Health Advocacy

If you are in hospital and you have mental health problems you can ask for help from an Independent Mental Health Advocate (IMHA). An IMHA is an expert in mental health who will help you to make your views known and take decisions in relation to your care and treatment (but will not take decisions on your behalf!)

If you have any questions about the Mental Health Measure and what it means for you then please contact us at: mentalhealthandvulnerablegroups@wales.gsi.gov.uk