

Mental health and peer support  
in Swansea Bay

# FOR YOUNG PEOPLE

By young people

4  
PLATF FORM  
P

**Platform4YP Swansea Bay gives young people a chance to share their experiences of mental health with others who may be facing similar challenges, and to learn new strategies to promote their wellbeing. It's important for young people to know that whatever they're facing, they're not alone or isolated.**

We don't try to 'fix' people. We listen and work with them to find new ways and strategies that help to promote wellbeing.

We work with 13 - 16 year olds in Swansea, Neath and Port Talbot, with a combination of one-to-one support, peer support groups and the State of Mind programme. We also partner with Vibe Youth and Barod to deliver workshops as part of the project.

No one needs a diagnosis to access our projects - we work with anyone who is struggling.

Anyone taking part will also have the opportunity to train to become a Volunteer Peer Mentor. Mentors work with us to shape the project's future, ensuring that it's exactly what young people want and need.

**platform4yp.org** is our website for young people, by young people. There's lots of opportunities to get involved with creating content and online resources for our wider 4YP projects.

PLATF FORM  
P

For young people | bobl ifanc

## WHAT WE OFFER

### Peer groups

Weekly meet-ups in a safe and relaxed environment where young people can be themselves and have their own voice. They decide what areas of wellbeing they want to discuss and how much they want to share. In the groups, we will deliver workshops on topics that the young people ask for, so it's a place to learn from each other and have fun in the process!

### State of Mind wellbeing programme

A twelve-week wellbeing programme that uses a combination of strategies to support young people's mental health and wellbeing. We believe that all young people have innate strengths, and connecting with these strengths is when positivity and confidence begin to grow.

### One-to-one support

For those young people who need a little extra support to build confidence to join in with the wellbeing programme and groups, we can offer one-to-one coaching and support.

## FIND OUT MORE

Scan the QR code to watch our animated film.

If you are a professional, parent or a young person and want more information, please contact us at:

youngpeople@platform.org  
01656 647722 / 07972 631978  
[platform.org](https://platform.org)



Iechyd meddwl a chymorth cymheiriaid  
ym Mae Abertawe

# I BOBL IFANC

Gan bobl ifanc

4  
PLATFFORM  
P

Mae Platfform4YP Bae Abertawe yn rhoi cyfle i bobl ifanc rannu eu profiadau o iechyd meddwl gydag eraill a allai fod yn wynebu heriau tebyg, ac i ddysgu strategaethau newydd i hybu eu llesiant. Mae'n bwysig i bobl ifanc wybod nad ydyn nhw ar eu pen eu hunain nac yn ynysig, beth bynnag maen nhw'n ei wynebu.

Dydyn ni ddim yn ceisio 'trwsio' pobl. Rydyn ni'n gwrando ar ac yn gweithio gyda nhw i ddog o hyd i strategaethau a ffyrdd newydd sy'n helpu i hybu eu llesiant.

Rydym yn gweithio gyda phobl ifanc 13 - 16 yn Abertawe, Castell Nedd a Phort Talbot, gyda chyfuniad o gefnogaeth un-i-un, grwpiau cefnogaeth cyfoedion a'r Rhaglen Meddwl am dy Feddwl. Rydym hefyd yn gweithio mewn partneriaeth gyda Vibe Youth a Barod i gynnal gweithdai fel rhan o'r prosiect.

Nid oes angen diagnosis ar unrhyw un i ymuno â'n prosiectau, rydym yn gweithio gydag unrhyw un sy'n cael trafferth ymdopi.

Bydd pawb sy'n cymryd rhan yn cael cyfle i hyfforddi i fod yn Fentor Cyfoedion Gwirfoddol. Mae Mentoriaid yn gweithio gyda ni i siapio'r prosiect wrth iddo fynd rhagddo, er mwyn iddo fod yr union beth y mae pobl ifanc ei angen a'i eisiau.

**platfform4yp.org** yw ein gwefan ar gyfer pobl ifanc, gan bobl ifanc ac mae cyfleoedd lu i gymryd rhan drwy greu cynnwys ac adnoddau ar-lein ar gyfer y prosiectau 4YP ehangach!

PLATFFORM

For young people | bobl ifanc

## YR HYN RYDYN NI'N EI GYNNIG

### Grwpiau cyfoedion

Cwrdd yn wythnosol mewn amgylchedd diogel a hamddenol lle caiff bobl ifanc fynegi eu hunain a chael llais. Nhw sy'n penderfynu pa agweddau llesiant maen nhw am ei drafod a faint maen nhw am ei rannu. Yn y grwpiau, byddwn yn cynnal gweithdai ar y pynciau mae'r bobl ifanc yn gofyn amdanynt, felly mae'n gyfle i ddysgu gan ein gilydd a chael hwyl ar yr un pryd!

### Rhaglen Llesiant Meddwl am dy Feddwl

Rhaglen Llesiant deuddeg wythnos sy'n defnyddio cyfuniad o strategaethau i gefnogi iechyd meddwl a llesiant pobl ifanc. Credwn fod gan bob person ifanc gryfderau naturiol ac mae cysylltu â'r cryfderau hyn yw pan fydd positifrwydd a hyder yn dechrau tyfu.

### Cefnogaeth un-i-un

Ar gyfer pobl ifanc sydd angen ychydig o gefnogaeth ychwanegol i fagu hyder er mwyn ymuno â'r rhaglen llesiant a'r grwpiau, gallwn gynnig cefnogaeth a chymorth un-i-un.

### DARGANFOD RHAGOR



Gwylw ein ffilm wedi'i hanimeiddio.

Os ydych chi'n weithiwr proffesiynol, yn rhiant neu'n berson ifanc ac eisiau mwy o wybodaeth, cysylltwch â ni yn:

[youngpeople@platfform.org](mailto:youngpeople@platfform.org)

01656 647722 / 07972 631978

[platfform.org](http://platfform.org)