

# Do you need support with your child's emotional and mental health?



**We offer support and a listening ear to help you navigate your families wellbeing and mental health.**

## **We provide:**

- Free confidential one to one support from a trained parent volunteer over 6 to 8 weeks
- Advice, guidance and signposting as well as access to online services and group support

**For more information about this service, please email [CharlotteW@familylives.org.uk](mailto:CharlotteW@familylives.org.uk) or call on 07739 788115**

**We build better family lives together**

**[www.familylives.org.uk](http://www.familylives.org.uk)**

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Emotional Wellbeing  
& Mental Health  
Lles Emosiynol ac  
Iechyd Meddwl

# Ydych chi angen cefnogaeth gydag iechyd emosiynol a meddyliol eich plentyn?



Rydym yn cynnig cefnogaeth a chlust i wrando i'ch helpu i lywio lles ac iechyd meddwl eich teulu.

## Rydym ni'n darparu:

- Cefnogaeth un i un cyfrinachol am ddim gan riant wirfoddolwr hyfforddedig dros 6 i 8 wythnos
- Cyngor, arweiniad a chyfeirio yn ogystal â mynediad at wasanaethau ar-lein a chymorth grŵp

I gael rhagor o wybodaeth am y gwasanaeth hwn, e-bostiwch [CharlotteW@familylives.org.uk](mailto:CharlotteW@familylives.org.uk) neu ffoniwch 07739 788115

Rydym yn adeiladu bywydau teuluol gwell gyda'n gilydd

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