

DIWRNOD IECHYD MEDDWL Y BYD 2018

“POBL IFANC AC IECHYD MEDDWL BYD NEWIDIOL”

DYDD MERCHER **10^{FED}** **HYDREF** 10AM - 3:30PM

ABERTAW **THEATR Y GRAND** ADAIN Y CELFYDDYDAU

WORLD MENTAL HEALTH DAY 2018

“YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD”

WEDNESDAY **10TH** **OCTOBER** 10AM - 3:30PM

SWANSEA **GRAND THEATRE** ARTS WING

Mae plant yn hynod agored i broblemau iechyd meddwl. Mae gan 1 o bob 10 o blant broblem iechyd meddwl clinigol, ond dim ond 70 y cant ohonynt sydd wedi cael ymyriadau addas ac amserol. Mae hyn yn cael effaith ar gydberthnasau cymdeithasol, cyrhaeddiad addysgol, cyfleoedd mewn bywyd ac iechyd corfforol.

Children are extremely vulnerable to mental health problems. 1 in 10 children and young people have a clinical mental health problem, but only 70 percent of them have had suitable and timely interventions. This impacts on social relationships, educational attainment, life chances and physical health.



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