



Bwrdd Iechyd Bae Abertawe
Iechyd Galwedigaethol a Lles Staff
Swansea Bay University Health Board
Occupational Health & Staff Wellbeing

Mae'r Gwasanaeth Llesiant Staff yn darparu cyngor a chymorth cyfrinachol ar gyfer problemau ysgafn i gymedrol iechyd meddwl i gyhyrau a chymalau.

Er mwyn hunangyfeirio, ffoniwch: 33610 (mewnol) / 01792 703610 (allanol) Dydd Llun – Dydd Gwener (gan eithrio Gwyliau Banc), neu e-bostiwch:
SBU.StaffWellbeing@wales.nhs.uk

Ar gyfer mwy o adnoddau, ymwelwch â'r tudalen Iechyd Galwedigaethol a Llesiant Staff o dan yr adran *Safleoedd Hwb* ar yr intranet.

The Staff Wellbeing Service provides confidential advice and support for mild to moderate mental health and muscle & joint problems.

To self refer telephone: 33610 (internal) / 01792 703610 (external) Monday—Friday (exc. Bank Holidays), or email:
SBU.StaffWellbeing@wales.nhs.uk

For more resources please visit the Occupational Health & Staff Wellbeing page under the *Hub Sites* section on the intranet.