

Cyfle Cymru

Gwasanaeth Mentora Cyfoedion
Peer Mentoring Service



Wellbeing apps
and other
diversionary
activities



Mental health
resources and
workbooks
including a 24/7
online mental
health chat service

Employment
support
including job
searching and cv
writing

Help with
delivering food
and other
essential items

A friendly
phone call



Signposting to
other services



Online
accredited
courses



If you're in need of the above support or for further information please contact us on:
01267 231634 or ask@cyflecymru.com



dacw
Developing a caring Wales
Datblygu Cymru gofalgar



Gwasanaeth
Di-Waith
Out of
Work Service