



## Mental Health Support for 11-18 year olds

Active Monitoring is a six-week course where we give you the skills to understand, protect and improve your mental health!

You will need a trusted adult to join you for the first session. You can invite them to join as many or as little sessions after that - you decide!

Can help with:

- Anxiety & Stress
- Worrying and unhelpful thinking
- Low mood
- Self-esteem
- Positive self-talk
- Being assertive
- Sleeping well

**Get involved!**

**Call or text Tracey on:**  
07956 557 969

**Email:**  
[traceyf@mindpembrokeshire.org.uk](mailto:traceyf@mindpembrokeshire.org.uk)

**[www.mindcarmarthen.org.uk](http://www.mindcarmarthen.org.uk)**  
Registered Charity No: 1157044



## Cymorth Iechyd Meddwl i bobl 11-18 oed

Mae Monitro Gweithredol yn gwrs 6-wythnos lle rydyn ni'n rhoi'r sgliau i chi ddeall, amddiffyn a gwella eich iechyd meddwl!

Bydd angen oedolyn y gallwch ymddiried ynddo i ymuno â chi am y sesiwn gyntaf. Gallwch eu gwahodd i ymuno â chymaint neu gyn lleied o sesiynau ar ôl hynny - chi sy'n penderfynu!

Gallwn helpu gyda:

- Pryder a Stres
- Poeni a meddyliau di-fudd
- Iselder
- Hunan-siarad cadarnhaol
- Hunan-barch
- Bod yn bendant
- Cysgu yn dda

 **mind**  
Carmarthen  
Caerfyrddin

**Cymryd rhan!**

**Galw neu tecstio Tracey ar:**  
07956 557 969

**Ebostio:**  
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