



Cymorth yn
y Gwaith
In-Work
Support



Is your health affecting you at work?

RCS is a not-for-profit organisation which provides a range of services across North Wales to support people with health needs to find and sustain employment.

In Work Support Service:

- Helps employed and self-employed people address health needs such as anxiety, low mood or back pain, in order to help them function more effectively at work. Includes one-to-one coaching and free and rapid access to talking therapies, counselling, CBT or physiotherapy.
- Provides access to information and support with related issues such as benefits, debt counselling etc
- Provides employers with free support and training to improve workplace wellbeing www.rcs-wellbeing.eventbrite.com
- Delivered across Conwy, Denbighshire, Anglesey and Gwynedd

Able Futures

- Provides 9 months coaching and mentoring support for employed people with mental health needs
- Includes access to free counselling

A yw eich iechyd yn effeithio arnoch yn y gwaith?

Mae RCS yn sefydliad nid er elw, sy'n darparu amrywiaeth o wasanaethau ledled Gogledd Cymru i gefnogi pobl gydag anghenion iechyd i ddod o hyd i, a chynnal cyflogaeth gynaliadwy.

Gwasanaeth Cymorth yn y Gwaith:

- Mae'n helpu pobl gyflogedig a hunangyflogedig i fynd i'r afael ag anghenion iechyd megis gorbryder, tymer isel neu boen cefn, er mwyn eu helpu nhw i weithio'n fwy effeithiol yn y gwaith. Mae'n cynnwys hyfforddiant un-i-un a mynediad cyflym ac am ddim at therapïau siarad, cwnsela, CBT neu ffisiotherapi.
- Ceir mynediad at wybodaeth a chefnogaeth gyda materion perthnasol megis budd-daliadau, cwnsela dyled etc.
- Darperir cefnogaeth a hyfforddiant am ddim i gyflogwyr i wella llesiant y gweithle www.rcs-wellbeing.eventbrite.com
- Cynigir y gwasanaeth ar draws Conwy, Sir Ddinbych, Ynys Môn a Gwynedd

Able Futures

- Mae'n darparu cymorth mentora a hyfforddiant am hyd at 9 mis i bobl gyflogedig gydag anghenion iechyd meddwl



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- Delivered across North Wales

I Can Work

- Provides specialist support to help people with mental health needs into employment.
- Delivered across North Wales in partnership with CAIS.

All of our services are free of charge and confidential. During lockdown, our services are available over the phone and on-line.

For more information, or to self-refer to any of our services, call **01745 336442** or email hello@rcs-wales.co.uk

- Yn cynnwys mynediad at gwrsela am ddim
- Darperir ar draws Gogledd Cymru
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Mi Fedraf Weithio

- Yn darparu cymorth arbenigol i helpu pobl gydag anghenion iechyd meddwl i mewn i gyflogaeth.
- Darperir ar draws Gogledd Cymru mewn partneriaeth â CAIS.

Mae ein holl wasanaethau am ddim ac yn gyfrinachol. Yn ystod y pandemig, mae ein gwasanaethau ar gael dros y ffôn ac ar-lein.

Am ragor o wybodaeth, neu i hunan-gyfeirio at unrhyw rai o'n gwasanaethau, ffoniwch **01745 336442** neu e-bostiwch hello@rcs-wales.co.uk