

Gofal's Journeys project runs training and psycho-educational courses for organisations or through community partnerships. Below is some information on the courses we provide.

Depression Busting™

Our award winning Depression Busting course runs for individuals and organisations and is a 6 week self-management programme designed to help individuals experiencing or recovering from depression.

Mental Health Awareness

A one day course that helps people recognise common mental health problems, what they can do and what organisations can help. It also looks at building resilience, and can be accredited by Agored Cymru.

Stress Management

This course looks at the causes of stress and how it impacts on people's physical and mental health, and practices stress reduction techniques. The course runs over three weeks at two hours per week and can be accredited by Agored Cymru.

GP Surgeries

We can offer a menu of training for GP practices to meet requirements, following Directed Enhanced Service (DES) topics.



Mental Health First Aid (Wales)

Mental Health First Aid - MHFA (Wales) is a 12 hour training course that improves mental health literacy and helps people to recognise the signs and symptoms of someone with mental health problems; to respond to various mental health crises; and to engage with, support and signpost people to appropriate professional help.

Youth Mental Health First Aid (Wales)

14 hour course for people who live/work with young people aged 12-24. This aims to help young people by providing early intervention so that long term prognosis improves.

Self-harm Awareness

A one day course that looks at what self-harm is, why people do it, how we can help those who self-harm, and how workers can look after themselves as they approach this emotionally and psychologically difficult subject.

Bespoke training

We offer bespoke training for organisations based on your requirements, and we are happy to deliver presentations and talks.

How to book training:

To find out more or if you're interested in booking a course for your organisation please contact Journeys.

 **02920 692891**

 **JourneysInfo@gofal.org.uk**



www.gofal.org.uk

Training Courses



Journeys
toward recovery from depression

Rhannu

Dysgu

Cysylltu

www.gofal.org.uk

Cyrsiau Hyfforddiant

Journeys
toward recovery from depression

Mae prosiect Teithiau mudiad Gofal yn cynnal cyrsiau hyfforddiant a seico-addysgol ar gyfer mudiadau neu drwy bartneriaethau cymunedol. Mae gwybodaeth isod am y cyrsiau rydyn ni'n eu darparu.

Ymdrin ag Iselder™

Cynhelir ein cwrs arobryn 'Ymdrin ag Iselder' ar gyfer unigolion a mudiadau; mae'n rhaglen hunan-reolaeth 6-wythnos wedi'i bwriadu i helpu unigolion sy'n dioddef iselder neu sy'n gwella o'r anhwylder.

Ymwybyddiaeth Iechyd Meddwl

Cwrs un-dydd sy'n helpu pobl i adnabod problemau iechyd meddwl, beth allan nhw ei wneud a pha fudiadau all helpu. Mae hefyd yn rhoi sylw i gynyddu gwydnwch, a gellir ei achredu gan Agored Cymru.

Rheoli Tyndra

Mae'r cwrs hwn yn edrych ar yr hyn sy'n achosi tyndra, a sut mae'n effeithio ar iechyd corfforol a meddyliol pobl; hefyd technegau ar gyfer llacio tyndra. Cynhelir y cwrs dros dair wythnos, ddwy awr yr wythnos, a gellir ei achredu gan Agored Cymru.

Meddygfeydd Teulu

Gallwn gynnig amrywiaeth o hyfforddiant ar gyfer meddygfeydd teulu beth bynnag fo'u gofynion, gan ddilyn pynciau Gwasanaethau wedi'u Gwella dan Gyfarwyddyd.



Cymorth Cyntaf Iechyd Meddwl

Mae Cymorth Cyntaf Iechyd Meddwl (Cymru) yn gwrs hyfforddiant 12 awr sydd â'r nod o wella dealltwriaeth ac amgyffred ynglŷn ag iechyd meddwl. Gall helpu pobl i adnabod yr arwyddion a'r symptomau sy'n perthyn i rywun sydd â phroblemau iechyd meddwl, yn ogystal â bod yn gefn i bobl a'u cyfeirio nhw at y cymorth proffesiynol priodol.

Eich Cymorth Cyntaf Iechyd Meddwl

Cwrs 14 awr yw hwn ar gyfer pobl sy'n byw/gweithio gyda phobl ifanc rhwng 12 a 24 oed. Y nod yw helpu pobl ifanc drwy ddarparu ymyriad cynnar er mwyn gwella'r rhagolygon hir-dymor.

Ymwybyddiaeth Hunan-niweidio

Cwrs un-dydd sy'n edrych ar beth yw hunan-niweidio, pam bod pobl yn gwneud hyn, sut allwn ni helpu'r rheiny sy'n hunan-niweidio, a sut all gweithwyr edrych ar ôl eu hunain wrth iddynt fynd i'r afael â'r pwnc emosiynol a seicolegol anodd hwn.

Hyfforddiant pwrpasol

Rydym yn cynnig hyfforddiant wedi'i deilwra'n arbennig ar gyfer mudiadau ar sail eich gofynion, ac rydym y fodlon gwneud cyflwyniadau a chynnal trafodaethau.

Sut i drefnu hyfforddiant:

I ganfod mwy am y cyrsiau, neu os ydych chi am drefnu hyfforddiant ar gyfer eich mudiad chi, yna mae croeso i chi gysylltu â phrosiect Teithiau.

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