

Are you supporting someone who is experiencing Mental Health issues?

Would you like support and advice? If so Bangor University are offering support workshops to help you look after yourself and your mate.

2-4pm 23/10/24 Cledwyn Room 3, Main Arts Building

The aim of the workshop is:-

- To provide you with advice if a friend or house-mate is struggling with their mental health.
- Explore communication techniques, signposting, support, risk, boundaries, and the importance of self-care.

For more information please email us:
wellbeingservices@bangor.ac.uk
or scan the QR code below to visit our events page:



**student
minds**

look after
your mate



Ydych chi'n cefnogi rhywun sy'n profi Materion Iechyd Meddwl?

Hoffech chi gael cefnogaeth a chyngor? Os felly mae Prifysgol Bangor yn cynnig gweithdai cefnogi i'ch helpu i edrych ar ôl eich hun a'ch ffrind.

2-4pm 23/10/24 Cledwyn Ystafell 3, Prif Adeilad Y Celfyddydau

Nod y gweithdy yw:-

- I roi cyngor i chi os yw ffrind neu person sy'n rhannu tŷ gyda chi yn cael trafferth gyda'u hiechyd meddwl.
- Archwilio technegau cyfathrebu, cyfeirio, cefnogaeth, risg, ffiniau, a phwysigrwydd hunanofal.

E-bostiwch ni am fwy o wybodaeth:

wellbeingservices@bangor.ac.uk

neu sganiwch y côd QR isod i ymweld â'n tudalen digwyddiadau:



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minds**

