



CYMORTH CYNTAF IECHYD MEDDWL

MENTAL HEALTH FIRST AID

DYSGU AR-LEIN

Mae cwrs eYMHFA Cymru yn addysgu oedolion sut i ddarparu Cymorth Cyntaf Iechyd Meddwl i bobl ifanc a gellir ei gwblhau o'ch cartref neu swyddfa, heb orfod teithio ac ar eich cyflymder eich hun trwy fodiwlau rhyngweithiol a gweminarau ar-lein.

Os hoffech gael mwy o wybodaeth ynglŷn â'r cwrs hwn cysylltwch ag aelod o'n tîm.

Rhif ffôn: 01492 575900
E-bost: hamdden.leisure@conwy.gov.uk

ONLINE LEARNING

The eYMHFA Wales course teaches adults how to provide Mental Health First Aid to young people and can be completed from the convenience of your home or office, without the need to travel and at your own pace through interactive modules and webinars online.

If you would like more information regarding this course please contact a member of our team

Telephone: 01492 575900
Email: hamdden.leisure@conwy.gov.uk

FFITCONWY.CO.UK
#FYFFITCONWY
#MYFFITCONWY



cymorth
cyntaf
iechyd
meddwl
cymru

