



Mental Health Resources for Students in Welsh

App - Podcast - Website

Information and tips on mental health
and wellbeing



What is myf.cymru?

The aim of myf.cymru is to improve mental health and wellbeing support for students through the medium of Welsh.

We are trying to increase awareness, reduce the stigma around talking about mental health, and encourage access to help among Welsh-speaking students throughout Wales and beyond by:

- improving engagement with students through formal and informal networks
- ensure the continuous improvement of any resources that are developed
- increasing capacity through our Network of Welsh Therapists, and increasing the confidence of mental health practitioners to promote services and hold conversations about mental health through the medium of Welsh.

What's available?

A range of resources are available and students can receive information in a variety of ways including:



Website

<https://myf.cymru>

- Mental Health A-Z - providing information on mental health conditions
- Hwb Myf - there is original content from students on a wide range of issues that affect their mental health and wellbeing, as well as tips on self-care and self-help



Moving On App

myf.cymru has worked in partnership with the Moving On In My Recovery programme to translate their app into Welsh. Packed with useful and practical resources to support an individual's recovery journey, it can also help anyone navigate the day-to-day challenges of life. Available on Apple and Google app stores.



Sgwrs? Podcast

Several students from across Wales discuss the important issues relating to their mental health and well-being in the company of radio and television presenter Trystan Ellis-Morris and counsellor Endaf Evans. All the episodes are available on YouTube and the main streaming platforms.



Social Media

For the latest news, follow us on Facebook, Instagram, and TikTok. We post content frequently - especially on Instagram - including wellbeing tips, raising awareness about specific mental health conditions, and also where to get help.



Keeping in Touch

We send out monthly newsletters to students that have registered with us, and another for partners and stakeholders every 6-8 weeks. To receive a copy of the newsletter, email: myf.cymru@bangor.ac.uk