

DWEUD EICH DWEUD! HAVE YOUR SAY!

Rydym yn gwirio bod gwasanaethau llesiant ac iechyd meddwl yn darparu gwasanaethau hygyrch mewn modd amserol i bobl ifanc fel chi sydd rhwng 11 ac 16 oed. Hoffem ddysgu mwy am eich profiadau a'r cymorth a oedd ar gael i chi, gan gynnwys os ydych chi wedi defnyddio Gwasanaethau Iechyd Meddwl Plant a'r Glasoed (CAMHS).

We are checking that **wellbeing and mental health services** are providing timely and accessible services for young people like you who are aged 11-16.

We would like to learn more about your experiences and what support was made available to you, including if you have used **Child and Adolescent Mental Health Services (CAMHS)**.



Helpwch ni i ddeall beth sy'n cael ei wneud yn dda a beth y gellid ei wella drwy gwblhau ein harolwg byr.

Please help us to understand what is being done well and what could be done better by completing our short survey.



Gallwch hefyd gwblhau'r arolwg yma:

You can also complete the survey via:

agic.org.uk/arolygon  hiw.org.uk/surveys

agic@llyw.cymru  hiw@gov.wales

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