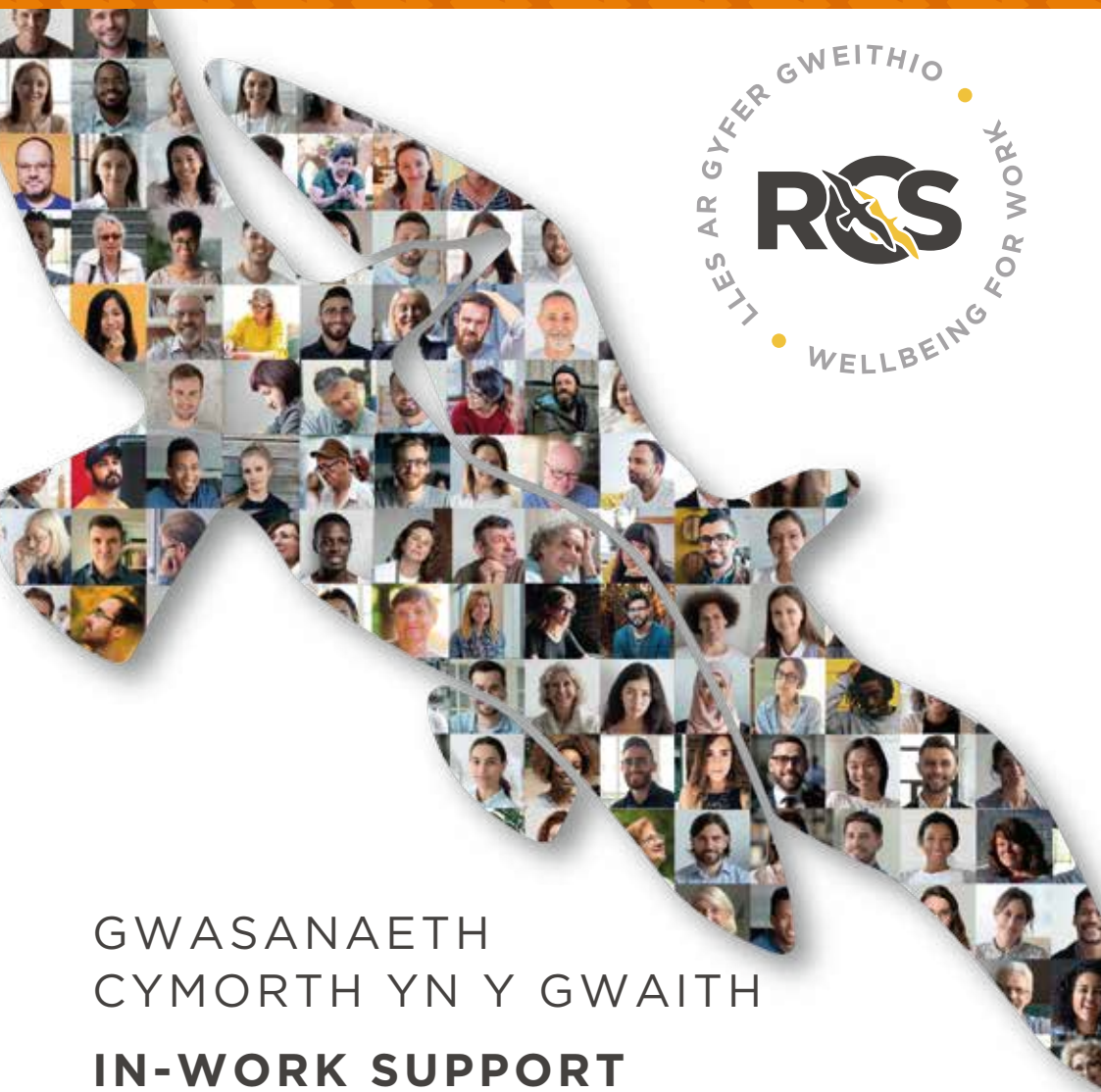




GWASANAETH
CYMORTH YN Y GWAITH
**IN-WORK SUPPORT
SERVICE**

ffoniwch ni heddiw ar | **call us today on 01745 336442**
neu e-bostiwch | **or email hello@rcs-wales.co.uk**

WWW.RCS-WALES.CO.UK



EICH HELPŲ CHI I FYW A
GWEITHIO'N IACHACH, BOB DYDD

HELPING YOU LIVE AND WORK MORE HEALTHILY, EVERY DAY

Mae ein Gwasanaeth Cymorth yn y Gwaith yn cynnig cefnogaeth a therapïau teilwredig i wella iechyd a llesiant yn y gwaith.

Our In-Work Support Service provides personalised support and therapies to improve health and wellbeing at work.

Gallwn eich helpu chi i
We can help you



Reoli straen a
magu gwytnwch

**Manage stress and
build resilience**



Lleihau gorbryder
Reduce anxiety



Gwella eich
iechyd corfforol
**Improve your
physical health**



Gwneud newidiada
cadarnhaol yn y gwaith
**Make changes
at work**

Rydym yn cynnig We offer

Cymorth teilwredig, un i un wedi'i gyflwyno ar-lein neu wyneb yn wyneb.

Personalised, one-to-one support delivered face-to-face or on-line.



Mynediad cyflym ac am ddim at therapïau a ddarperir gan unigolion proffesiynol profiadol a chymwys.

Free and rapid access to therapies, delivered by qualified and experienced professionals.



Mynediad at gymorth arbenigol gyda materion ehangach fel hawliau cyflogaeth, rheoli arian neu broblemau dyled.

Access to specialist support with wider issues such as employment rights, finances or problem debt.



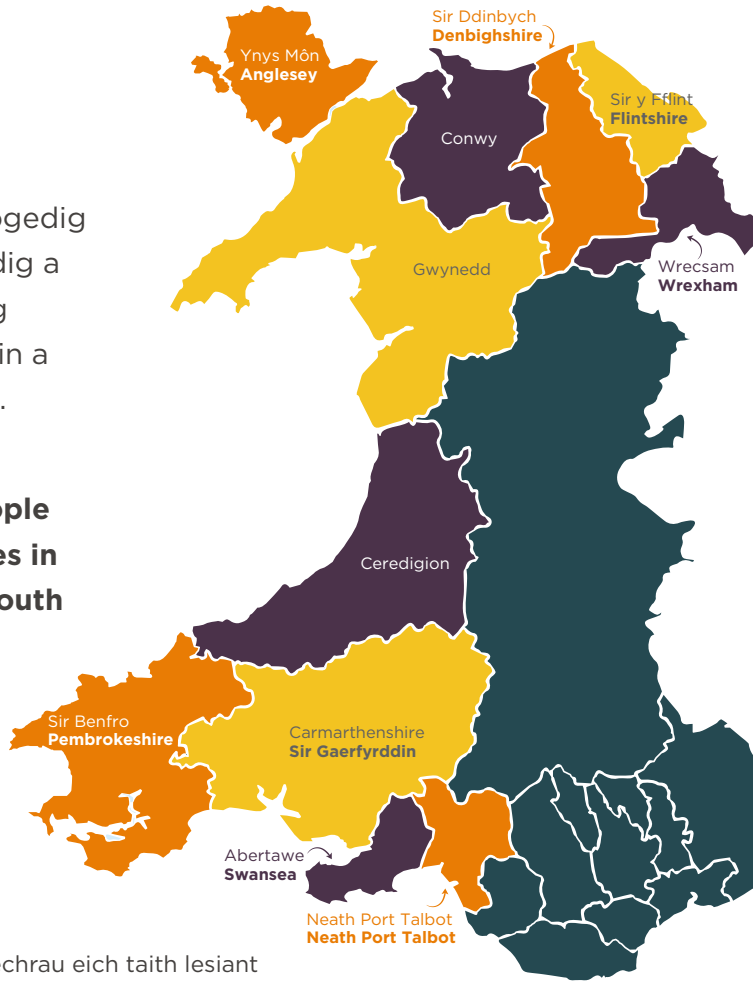
Gallwn hefyd gynnig cymorth a hyfforddiant wedi'i deilwra i helpu busnesau bach a chanolig i feithrin gweithleoedd hapusach ac iachach.

We can also provide tailored support and training to help small and medium sized businesses build happier, healthier workplaces.



Ar gyfer pobl gyflogedig
neu hunangyflogedig a
busnesau Bach yng
Ngogledd, Gorllewin a
De Orllewin Cymru.

**For employees,
self-employed people
and SME businesses in
North, West and South
West Wales.**



Cysylltwch heddiw i ddechrau eich taith lesiant

Get in touch today to start your wellbeing journey

01745 336442

hello@rcs-wales.co.uk

WWW.RCS-WALES.CO.UK



Cymorth yn
y Gwaith
In-Work
Support



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government