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Mental Wellbeing Website - Melo Cymru

**A mental wellbeing website with support and resources
developed by Aneurin Bevan University Health Board**

melo.cymru

While we can't take away life's problems, we can help you find better ways to cope with them.

Taking care of our own mental wellbeing and that of our loved ones has never been more important.

When we take the time to look after ourselves, we feel better. We are more able to cope with the difficulties that life throws at us and are more able to look after others.

The Aneurin Bevan University Health Board have developed this website to promote the mental well-being of people living and working in Gwent. We have gathered the best available free, self-help resources and put them in one place.

The resources will help you develop new skills that will support you when life is difficult and help you make the best of the good times. We hope you find what you are looking for here and perhaps discover new things.

Melo Cymru provides:



- Easy access to free online mental wellbeing information and resources,
- All information is available in a wide range of formats, including audio, video, leaflets, books and easy-read.
- Information for specific groups, eg young people, people with learning disabilities and people with memory problems
- Local opportunities to improve your mental wellbeing
- Courses to promote your mental wellbeing
- Connect 5 Training for frontline workers
- Sources of support if you are worried about yourself or someone else
- Where to get urgent help for someone

How you can help

Please help as many people as possible, to access Melo Cymru to support their mental wellbeing.

Feedback –

We would love to know **what you think of the website.**

Social media –

Please follow us and share our content on social media tagging us as below and using the hashtag #melocymru:

Instagram English: @melo_wales
Instagram Cymru: @melo.cymru
Twitter English: @melo_wales
Twitter Cymru: @melo_cymru
Facebook English: @melocymruwales
Facebook Cymru: @melocym

Support others –

By helping as many people as possible to access Melo and the well-being resources.

Promote Melo –

Please use the resources provided:

- Share the digital Melo flyer. Printed copies will be available on request.
- Link to our website using the email signature we have provided
- Share the social media links, graphics and text to engage users
- Use the background screen for your online meetings
- Animation video (available in January)
- Link to the Melo website on your own website using the graphic provided.

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Visit **melo.cymru** to find help, local opportunities, resources and courses to promote mental well-being.

Many thanks for your support