

**DARLLEN
YN WELL**

**READING
WELL**

reading-well.org.uk/cymru

Llyfrau ar Bresgripsiwn

Books on Prescription



Darllen yn Well ar gyfer iechyd meddwl

**Dod o hyd i lyfrau i'ch helpu
yn eich llyfrgell leol**

Reading Well for mental health

**Find helpful books
at your local library**



Argymhellwyd gan weithwyr iechyd proffesiynol
a phobl gydag anghenion iechyd meddwl

Recommended by health professionals
and people with mental health needs



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**THE
READING
AGENCY**

Darllen yn Well ar gyfer iechyd meddwl

Mae Darllen yn Well yn eich helpu i ddeall a rheoli eich iechyd meddwl a'ch lles drwy ddefnyddio deunydd darllen defnyddiol sydd ar gael o lyfrgelloedd cyhoeddus. Caiff y cynllun ei gymeradwyo gan weithwyr iechyd proffesiynol a phobl ag anghenion iechyd meddwl.

Mae'r llyfrau'n darparu gwybodaeth a chymorth defnyddiol ar gyfer rheoli cyflyrau iechyd meddwl cyffredin, neu ddelio â theimladau a phrofiadau anodd. Mae rhai llyfrau hefyd yn cynnwys straeon personol gan bobl sy'n byw gyda neu'n gofalu am rywun ag anghenion iechyd meddwl.

Argymhellwyd y llyfrau gan weithwyr iechyd meddwl proffesiynol a phobl sydd â phrofiad o'r cyflyrau a drafodir. Maent wedi'u profi a chanfyddwyd eu bod yn ddefnyddiol.

I ddarganfod mwy ewch i reading-well.org.uk/cymru

Sut mae'n gweithio?

Fel rhan o'ch triniaeth, efallai fod gweithiwr iechyd proffesiynol wedi argymhell llyfr i chi. Mae'r llyfrau hefyd ar gael i unrhyw un eu benthycu o'r llyfrgell leol.

Sut fedra i gael gafael ar y llyfrau?

- Ewch i'ch llyfrgell leol, lle gallwch fenthycu'r llyfr am ddim
- Os nad yw'r llyfr ar gael, gallwch ei archebu
- Mae gan lyfrau Darllen yn Well gyfnod benthycu hirach o 6 wythnos. Gellir adnewyddu llyfrau os hoffech gael mwy o amser i'w darllen

Reading Well for mental health

Reading Well helps you to understand and manage your mental health and wellbeing using helpful reading available from public libraries. The scheme is endorsed by health professionals and people with mental health needs.

The books provide helpful information and support for managing common mental health conditions, or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs.

The books have been recommended by mental health professionals and people with experience of the conditions covered. They have been tried and tested and found to be helpful.

To find out more go to reading-well.org.uk/cymru

How does it work?

As part of your treatment, you may have been recommended a book by a health professional. The books are also available for anyone to borrow from the local library.

Where do I find the books?

- Go to your local library where you can borrow the book for free
- If the book is not available, you can reserve it
- Reading Well books have an extended loan period of 6 weeks. Books can be renewed if you'd like more time to read

Argymhellion ar gyfer darllen

I gael trosolwg manwl o'r holl lyfrau sydd ar y rhestr ewch i reading-well.org.uk/cymru

Therapiau ac ymagweddau

Therapi Ymddygiad Gwybyddol (CBT)

Therapi Ymddygiad Gwybyddol (CBT): Eich Pecyn Cymorth i Addasu eich Hwyliau, Goresgyn Rhwystrau a Gwella'ch Bywyd
Elaine Iljon Foreman
a Clair Pollard
Icon Books

Meddylgarwch

Meddylgarwch: Canllaw Ymarferol i Ganfod Heddwch Mewn Byd Gorffwyll
Mark Williams a
Danny Penman
Piatkus

Teimladau a phrofiadau cyffredin

Teimlo'n flin

Goresgyn Dicter a Thymer Flin, 2il Argraffiad: Canllaw Hunangymorth gan Ddefnyddio Technegau Ymddygiad Gwybyddol
William Davies
Robinson

Hunan-werth isel

Goresgyn Diffyg Hunan-werth, 2il Argraffiad
Melanie Fennell
Robinson

Profedigaeth a cholled

Cyflwyniad i Ymdopi â Galar, 2il Argraffiad
Sue Morris
Robinson

Gorbryder cymdeithasol a swildod

Goresgyn Gorbryder Cymdeithasol a Swildod, 2il Argraffiad
Gillian Butler
Robinson

Gwaith Galar: Straeon Bywyd, Marwolaeth a Goroesi
Julia Samuel
Penguin Life

Problemau cysgu

Y Llyfr Cwsg: Sut i Gysgu'n Dda Bob Nos
Guy Meadows
Orion

Y Canllaw Hanfodol i Fwyd ar ôl Profedigaeth
Judy Carole Kauffmann
a Mary Jordan
Jessica Kingsley Publishers

Straen

Rheoli Straen: Dull Meddwl, Corff a Bywyd o Hybu ein Lles
Jim White
Robinson

Hanesion personol

Lles

Canllaw Ymwybyddiaeth Ofalgar i Rai Sydd ar ben eu Tennyn
Ruby Wax
Penguin Life

Rhesymau dros Ddal Ati
Matt Haig
Canongate

Profedigaeth a cholled

Llawlyfr ar gyfer Dolur Calon
Cathy Rentzenbrink
Picador

Iselder

Roedd Gen i Gi Du
Matthew Johnstone
Robinson

Llythyrau Adferiad
James Withey ac
Olivia Sagan (goln.)
Jessica Kingsley Publishers

Gorbryder cymdeithasol

Ry'n ni i gyd yn Wallgof Yma: Y Canllaw Di-Lol i Fyw gyda Gorbryder Cymdeithasol
Claire Eastham
Jessica Kingsley Publishers

Cefnogaeth i ofalwyr

Byw gyda Chi Du
Matthew Johnstone,
Ainsley Johnstone
Robinson

Y Bachgen gyda'r Penclwm: Cofiant o Gariad, Cyfrinachau a Chelwyddau yn Wolverhampton
Sathnam Sanghera
Penguin

Llyfrau hunangymorth i gefnogi iechyd meddwl

Mae'r llyfrau hyn wedi'u hargymell i gefnogi therapi seicolegol

Lles

Byw Bywyd i'r Eithaf

Chris Williams
Five Areas Limited

Y Llawlyfr Therapi Ymddygiad Gwybyddol (CBT)

Pamela Myles a Roz Shafran
Robinson

Defnyddio'r Meddwl i Reoli Hwyliau, 2il Argraffiad

Dennis Greenberger a
Christine A. Padesky
Guilford Press

Obsesiynau a chymhellion

Torri'n Rhydd o OCD: Goresgyn Anhwylder Gorfodaeth Obsesiynol gyda Therapi Ymddygiad Gwybyddol (CBT)

Fiona Challacombe,
Victoria Bream Oldfield a
Paul M Salkovskis
Vermilion

Iselder

Cyflwyniad i Ymdopi ag Iselder, 2il Argraffiad

Lee Brosan a
Brenda Hogan
Robinson

Rheoli Eich Hwyliau

David Veale a
Rob Willson
Robinson

Goresgyn Iselder, 3ydd Argraffiad

Paul Gilbert
Robinson

Gorbryder a phanig

Cyflwyniad i Ymdopi â Gorbryder, 2il Argraffiad

Brenda Hogan
a Lee Brosan
Robinson

**Goresgyn Gorbryder,
2il Argraffiad**
Helen Kennerley
Robinson

**Goresgyn Gorbryder
Iechyd**
Rob Willson a
David Veale
Robinson

**Goresgyn Pryder
ac Anhwylder
Gorbryder Cyffredinol,
2il Argraffiad**
Kevin Meares a
Mark Freeston
Robinson

**Goresgyn Panig,
2il Argraffiad**
Vijaya Manicavasagar
a Derrick Silove
Robinson

**Canllaw Bach Sheldon
i Ffobia a Phanig**
Kevin Gournay
Sheldon Press

Cyflyrau cyffredin eraill

Gorfwyta mewn pyliau a bwllimia nerfosa

Gwella Fesul Tamaid: Pecyn Goroesi ar gyfer Dioddefwyr Bwllimia Nerfosa ac Anhwylderau Gorfwyta mewn Pyliau, 2il Argraffiad

Ulrike Schmidt,
Janet Treasure a
June Alexander
Routledge

Goresgyn Gorfwyta Mewn Pyliau, 2il Argraffiad

Christopher G. Fairburn
Guilford Press

Delwedd gorfforol ac anhwylder dysmorffia'r corff

Problemau Delwedd Gorfforol ac Anhwylder Dysmorffia'r Corff: Ymagweddau Triniaeth ac Adferiad

Chloe Catchpole,
Lauren Callaghan ac
Annemarie O'Connor
Trigger Press

Newidiadau mewn hwyliau

**Goresgyn Newidiadau
mewn Hwyliau**
Jan Scott
Robinson

Iselder a pherthynas

**Trechu Iselder:
Sut i Ddefnyddio'r Bobl
yn Eich Bywyd i Agor y
Drws i Adferiad**
Roslyn Law
Robinson

Iselder ôl-enedigol

**Ymdrin ag Iselder
Ôl-enedigol â Meddwl
Tosturiol:
Defnyddio Therapi
sy'n Canolbwyntio ar
Dosturi i Wella Hwyliau,
Hyder a Bondio**
Michelle Cree
Robinson

Recommended reading

For a detailed overview of all the books on the list go to reading-well.org.uk/cymru

Therapies and approaches

Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy (CBT): Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life

Elaine Iljon Foreman and Clair Pollard
Icon Books

Mindfulness

Mindfulness: A Practical Guide to Finding Peace in a Frantic World

Mark Williams and Danny Penman
Piatkus

Common feelings and experiences

Anger

Overcoming Anger and Irritability, 2nd edition

William Davies
Robinson

Low self-esteem

Overcoming Low Self-Esteem, 2nd edition

Melanie Fennell
Robinson

Bereavement and loss

An Introduction to Coping with Grief, 2nd edition

Sue Morris
Robinson

Social anxiety and shyness

Overcoming Social Anxiety and Shyness, 2nd edition

Gillian Butler
Robinson

Grief Works: Stories of Life, Death and Surviving

Julia Samuel
Penguin Life

The Essential Guide to Life After Bereavement

Judy Carole Kauffmann and Mary Jordan
Jessica Kingsley Publishers

Sleep problems

The Sleep Book: How to Sleep Well Every Night

Guy Meadows
Orion

Stress

Stress Control: A Mind, Body, Life Approach to Boosting Your Well-Being

Jim White
Robinson

Personal stories

Wellbeing

A Mindfulness Guide for the Frazzled

Ruby Wax
Penguin Life

Reasons to Stay Alive

Matt Haig
Canongate

Bereavement and loss

A Manual for Heartache

Cathy Rentzenbrink
Picador

Depression

I Had a Black Dog

Matthew Johnstone
Robinson

The Recovery Letters

James Withey and Olivia Sagan (eds.)
Jessica Kingsley Publishers

Social anxiety

We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety

Claire Eastham
Jessica Kingsley Publishers

Support for carers

Living with a Black Dog

Matthew Johnstone, Ainsley Johnstone
Robinson

The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton

Sathnam Sanghera
Penguin

Self-help books to support mental health

These books have been recommended to support psychological therapy

Wellbeing

Living Life to the Full

Chris Williams
Five Areas Limited

The CBT Handbook

Pamela Myles and
Roz Shafran
Robinson

Mind Over Mood, 2nd edition

Dennis Greenberger and
Christine A. Padesky
Guilford Press

Obsessions and compulsions

Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT

Fiona Challacombe,
Victoria Bream Oldfield and
Paul M Salkovskis
Vermilion

Depression

An Introduction to Coping with Depression, 2nd edition

Lee Brosan and
Brenda Hogan
Robinson

Manage Your Mood

David Veale and
Rob Willson
Robinson

Overcoming Depression, 3rd edition

Paul Gilbert
Robinson

Anxiety and panic

An Introduction to Coping with Anxiety, 2nd edition

Brenda Hogan
and Lee Brosan
Robinson

Overcoming Anxiety, 2nd edition

Helen Kennerley
Robinson

Overcoming Health Anxiety

Rob Willson and
David Veale
Robinson

Overcoming Worry and Generalised Anxiety Disorder, 2nd edition

Kevin Meares and
Mark Freeston
Robinson

Overcoming Panic, 2nd edition

Vijaya Manicavasagar
and Derrick Silove
Robinson

The Sheldon Short Guide to Phobias and Panic

Kevin Gournay
Sheldon Press

Other common conditions

Binge eating and bulimia nervosa

Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders

Ulrike Schmidt,
Janet Treasure and
June Alexander
Routledge

Overcoming Binge Eating, 2nd edition

Christopher G. Fairburn
Guilford Press

Body image and body dysmorphic disorder

Body Image Problems & Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach

Chloe Catchpole,
Lauren Callaghan and
Annemarie O'Connor
Trigger Press

Mood swings

Overcoming Mood Swings

Jan Scott
Robinson

Depression and relationships

Defeating Depression: How to Use the People in Your Life to Open the Door to Recovery

Roslyn Law
Robinson

Postnatal depression

The Compassionate Mind Approach to Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding

Michelle Cree
Robinson

Sut all llyfrau helpu?

Mae tystiolaeth gan y Sefydliad Cenedlaethol dros Ragoriaeth mewn Iechyd a Gofal (NICE) yn dangos y gall llyfrau hunangymorth helpu pobl i ddeall a rheoli cyflyrau cyffredin, gan gynnwys iselder a gorbryder.

Er y gall llyfrau weithio ar eu pennau eu hunain, mae ymchwil wedi dangos bod dulliau hunangymorth yn aml yn gweithio orau gyda chefnogaeth gan weithiwr iechyd proffesiynol. Mae rhai o'r llyfrau wedi cael eu hargymell gan weithwyr iechyd proffesiynol i'w defnyddio fel rhan o driniaeth. Gellir dod o hyd i'r rhain yn adran [Llyfrau hunangymorth i gefnogi iechyd meddwl](#) y rhestr lyfrau.




Beth os nad yw'r llyfr yn fy helpu?

Os nad yw'r llyfr rydych chi'n ei ddarllen yn helpu, dylech gysylltu â'ch meddyg teulu neu weithiwr iechyd proffesiynol. Gallwch hefyd gysylltu â'r canlynol:

Galw Iechyd Cymru

-  nhsdirect.wales.nhs.uk
-  Llinell Gymorth: 0845 46 47

Llinell Gymorth Iechyd Meddwl ar gyfer Cymru

-  callhelpline.org.uk
-  Llinell Gymorth: 0800 132 737
-  Tecstiwch 'help' i 81066

How can books help?



There is evidence from the National Institute for Health and Care Excellence (NICE) that self-help books can help people to understand and manage common conditions, including depression and anxiety.

Although books can sometimes work on their own, research has shown that self-help approaches often work best alongside support from a health professional. Some of the books have been recommended by health professionals for use as part of treatment. These can be found in the [Self-help books to support mental health](#) section of the booklist.




What if the book doesn't help?

If you find the book you are reading is not helping, you should contact your GP or a health professional. You can also visit:

NHS Direct Wales

-  nhsdirect.wales.nhs.uk
-  Helpline: 0845 46 47

Community Advice & Listening Line (CALL) Wales

-  callhelpline.org.uk
-  Helpline: 0800 132 737
-  Text 'help' to 81066

Rhestrau Darllen yn Well eraill

Gallwch ddod o hyd i fwy o restrau Darllen yn Well i gefnogi cyflyrau eraill yn eich llyfrgell leol. I gael gwybod mwy siaradwch gyda'ch llyfrgellydd neu ewch i reading-well.org.uk/cymru

Other Reading Well lists

You can find more Reading Well lists to support other conditions at your local library. To find out more speak to your librarian or visit reading-well.org.uk/cymru

Ynglŷn â'r cynllun

Datblygwyd Darllen yn Well gan The Reading Agency mewn partneriaeth â Libraries Connected. Ariennir y rhaglen gan Arts Council England, Wellcome a Llywodraeth Cymru.

Ymuno â'r llyfrgell

Mae'n hawdd ymuno â'ch llyfrgell leol. Mae benthyciadau llyfrau o lyfrgelloedd a manylion benthycwyr yn cael eu trin yn gwbl gyfrinachol. Bydd rhai llyfrgelloedd yn gofyn i chi ddangos prawf o'ch enw a'ch cyfeiriad.

About the scheme

Reading Well has been developed by The Reading Agency in partnership with Libraries Connected. The programme is funded by Arts Council England, Wellcome and the Welsh Government.

Joining the library

It is easy and free to join your local library. Library book loans and borrower details are treated as confidential. Some libraries may ask for proof of your name and address.

Cymeradwyir Darllen yn Well ar gyfer iechyd meddwl gan

Anxiety UK, Y Gymdeithas Brydeinig ar gyfer Seicotherapiau Ymddygiadol a Gwybyddol, Cymdeithas Seicolegol Prydain, Carers UK, Health Education England, Mental Health First Aid England, y Sefydliad Iechyd Meddwl, Mind, National Association of Primary Care, NHS England (IAPT), OCD Action, Public Health England, Coleg Brenhinol y Meddygon Teulu, Coleg Brenhinol y Nyrsys, Coleg Brenhinol y Seiciatryddion, y Gymdeithas Frenhinol ar gyfer Iechyd Cyhoeddus, Self Management UK

Reading Well for mental health is endorsed by

Anxiety UK, British Association for Behavioural and Cognitive Psychotherapies, British Psychological Society, Carers UK, Health Education England, Mental Health First Aid England, Mental Health Foundation, Mind, National Association of Primary Care, NHS England (IAPT), OCD Action, Public Health England, Royal College of General Practitioners, Royal College of Nursing, Royal College of Psychiatrists, Royal Society for Public Health, Self Management UK

Gallwch ddod o hyd i fwy o wybodaeth am lyfrau unigol neu fynegi eich barn am y llyfr rydych wedi'i ddarllen yn reading-well.org.uk/cymru

Find out more about individual books or tell us what you think about the book you have read at reading-well.org.uk/cymru