

Am ddim yn eich llyfrgell leol  
Free at your local library

**Darllen yn Well**

ar gyfer

*yr Ardddegau*

**Reading Well**

for

*Teens*



Mae pob llyfr yn cael ei argymhell gan bobl ifanc a gweithwyr iechyd proffesiynol  
All books are recommended by teens and health professionals



**Mae Darllen yn Well ar gyfer yr arddegau yn awgrymu llyfrau ac adnoddau digidol wedi'u hargymell i'ch helpu i ddeall eich teimladau, ac i hybu eich hyder. Mae pobl ifanc yn eu harddegau ac arbenigwyr iechyd a lles wedi dewis y llyfrau i'ch helpu i reoli eich emosiynau ac ymdopi ar adegau anodd.**

**Reading Well for teens suggests recommended reading and digital resources to help you understand your feelings and boost your confidence. Teens and health and wellbeing experts have chosen the books to help you manage your emotions and cope with difficult times.**

**Wedi'u hargymell gan arbenigwyr iechyd  
Recommended by health experts**

**Y rhestr wedi'i chreu ar y cyd â phobl ifanc yn eu harddegau  
Co-created by teens**

Am ragor o wybodaeth, ewch i [reading-well.org.uk/cymru/teens](https://reading-well.org.uk/cymru/teens) neu sganwch y cod QR



For more information visit [reading-well.org.uk/teens](https://reading-well.org.uk/teens) or scan the QR code



### **Sut gall llyfrau helpu?**

Mae'r llyfrau Darllen yn Well hyn wedi cael eu dewis i'ch helpu i **ddeall eich teimladau** ac ymdopi ag **adegau anodd**. Maent wedi'u hanelu at bobl ifanc rhwng 13 a 18 mlwydd oed.

Gallwch ddarllen y llyfrau ar eich pen eich hun neu drafod y llyfrau â rhywun rydych chi'n ymddiried ynddo.

Mae rhai o'r llyfrau yn cynnwys **technegau hunangymorth** defnyddiol. Mae **straeon personol, llyfrau graffeg a ffuglen** hefyd ar y rhestr.

### **How can books help?**

These Reading Well books have been chosen to help you **understand your feelings** and deal with **difficult times**.

They are aimed at young people aged between 13 and 18 years old.

You can read the books on your own or talk about them with someone you trust.

Some of the books include useful **self-help techniques**. There are also **personal stories, graphic books** and **fiction**.

### **Y llyfrgell**

Chwiliwch yn eich llyfrgell leol am lyfrau **Darllen yn Well ar gyfer yr arddegau**— gallwch eu **benthyg am ddim**.

Mae'n hawdd ymuno â'ch llyfrgell leol, ac mae am ddim. Bydd aelod o staff y llyfrgell yn eich helpu, ac unwaith y bydd gennych gerdyn llyfrgell, gallwch fenthyg llyfrau, lawrlwytho e-lyfrau neu e-lyfrau llafar, cymryd rhan mewn gweithgareddau, a llawer mwy. Gofynnwch i staff y llyfrgell am yr hyn y mae'r llyfrgell yn ei gynnig.

Holwch yn eich llyfrgell leol am y rhestr llyfrau **Darllen yn Well**, neu ewch i [reading-well.org.uk/cymru](https://reading-well.org.uk/cymru)

### **The library**

Look for the **Reading Well for teens** books in your local library – they're **free to borrow**.

It's easy and free to join your local library. A member of library staff will help you and once you have a library card you can borrow books, download eBooks or eAudiobooks, take part in activities and so much more. Ask your library staff about what the library can offer.

Find out about other **Reading Well** booklists at your local library or visit [reading-well.org.uk](https://reading-well.org.uk)



## Llyfrau wedi'u hargymell Recommended reading

### Meddyliau Iach Healthy Minds

**H** **Gwydnwch: Meithrin meddwl cryf yn eich ardeggau**  
**Be Resilient: How to Build a Strong Teenage Brain for Tough Times**

Nicola Morgan  
*Walker Books*

**H** **Bod yn hapus, bod yn ti dy hun: Canllaw i'r ardeggau**  
**Be Happy Be You: The Teenage Guide to Boost Happiness and Resilience**

Penny Alexander, Becky Goddard-Hill  
*Collins*

**S** **Gelli di newid y byd!**  
**You Can Change the World!**  
Margaret Rooke, Kara McHale  
*Jessica Kingsley Publishers*

**Ff** **Un mewn can mil**  
**One in a Hundred Thousand**  
Linni Ingemundsen  
*Usborne*

### Allwedd i'r math o lyfr Book Type Key

**H** Hunangymorth  
Self-help

**Ff** Ffuglen  
Fiction

**Li** Llyfrau graffeg  
Graphic format

**S** Straeon personol  
Personal stories

### Delwedd y Corff Body Image

**H** **Llyfr delwedd y corff i ferched: Caru dy hun. Tyfu'n ddi-ofn**  
**The Body Image Book for Girls: Love Yourself and Grow Up Fearless**

Charlotte Markey  
*Cambridge University Press*

**H** **Bod yn ti dy hun: llyfr delwedd y corff i fechgyn**  
**Being You: The Body Image Book for Boys**

Charlotte Markey, Daniel Hart, Douglas Zacher  
*Cambridge University Press*

**H** **Gorbryder oherwydd ein golwg**  
**Appearance Anxiety**  
National and Specialist OCD, BDD and Related Disorders Service, Maudsley Hospital  
*Jessica Kingsley Publishers*

**Ff** **Jemeima Fychan yn erbyn y bydysawd**  
**Jemima Small Versus the Universe**  
Tamsin Winter  
*Usborne*

**Ff** **Fy mlwyddyn heb fwyta**  
**The Year I Didn't Eat**  
Samuel Pollen, Sophie Beer  
*ZunTold*

### Rheoli Teimladau Managing Feelings

**H** **Ymarferion iechyd meddwl a lles i'r ardeggau**  
**The Mental Health and Wellbeing Workout for Teens**

Paula Nagel, Gary Bainbridge  
*Jessica Kingsley Publishers*

**H** **Llawlyfr fy emosiynau dwys**  
**My Intense Emotions Handbook**

Sue Knowles, Bridie Gallagher, Hannah Bromley, Emmeline Pidgen  
*Jessica Kingsley Publishers*

### Gorbryder ac Iselder Anxiety and Depression

**H** **Fy llawlyfr gorbryder**  
**My Anxiety Handbook**  
Sue Knowles, Bridie Gallagher, Phoebe McEwen, Emmeline Pidgen  
*Jessica Kingsley Publishers*

**Li** **Peth rhyfedd yw gorbryder**  
**Anxiety is Really Strange**  
Steve Haines, Sophie Standing  
*Jessica Kingsley Publishers*

**H** **(Llyfr am) Iselder**  
**Depression (A Book About)**  
Holly Duhig, Danielle Webster-Jones  
*Booklife Publishing*

**Ff** **Buddug**  
**Hope**  
Rhian Ivory  
*Firefly*

Mae **Darllen yn Well** wedi'i ddatblygu gan The Reading Agency mewn partneriaeth â Libraries Connected. Ariennir y cynllun gan Lywodraeth Cymru ac Arts Council England. Datblygwyd ar y cyd â Partnership for Young London.

Reading Well has been developed by The Reading Agency in partnership with Libraries Connected. It is delivered with public libraries. The scheme is funded by Welsh Government and Arts Council England. It has been co-created with Partnership for Young London.

### Cefnogir Darllen yn Well ar gyfer yr ardeggau gan: Reading Well for teens is supported by:

Anna Freud National Centre for Children and Families, British Association for Counselling and Psychotherapy, British Dyslexia Association, Centre for Mental Health, Plant yng Nghymru|Children in Wales, Healthworks UK, Mental Health First Aid England, Mental Health Foundation, Mind, National Association of Primary Care, National Youth Agency, NHS England (Children and Young People's Mental Health), Royal College of General Practitioners, Royal College of Psychiatrists, Young Minds

Rhowch wybod i ni beth yw eich barn yn  
**reading-well.org.uk/feedback**

Tell us what you think at  
**reading-well.org.uk/feedback**

## Llyfrau wedi'u hargymell (parhau) Recommended reading continued

### Niwroamrywiaeth Neurodiversity

**S** **Gwifrau gwahanol –  
30 o bobl niwrowahanol  
y dylech CHI eu hadnabod**  
**Wired Differently –  
30 Neurodivergent People  
You Should Know**  
Joe Wells, Tim Stringer  
*Jessica Kingsley Publishers*

**FFLI** **Byd Frankie**  
**Frankie's World**  
Aoife Dooley  
*Scholastic*

### Deall Profedigaeth a Cholled Understanding Bereavement and Loss

**H** **Byddi di'n iawn**  
**You Will Be Okay**  
Julie Stokes  
*Hachette*

**Ff** **Anghenfil yn galw**  
**A Monster Calls**  
Patrick Ness  
*Walker Books*

**Ff** **Pan ddaw cysgodion**  
**When Shadows Fall**  
Sita Brahmachari, Natalie Sirett  
*Little Tiger*

### Rhywioldeb, Rhywedd ac Iechyd Meddwl Sexuality, Gender and Mental Health

**S** **Storiâu dod allan**  
**Coming Out Stories**  
Emma Goswell, Sam Walker  
*Jessica Kingsley Publishers*

**H** **Cysur cwiar: Canllaw  
calonogol i gariad, bywyd  
ac iechyd meddwl LHDTC+**  
**Queer Up: An Uplifting  
Guide to LGBTQ+ Love,  
Life and Mental Health**  
Alexis Caught  
*Walker Books*

**LI** **Croeso i Lanuffern:  
Helyntion fy ardegau traws**  
**Welcome to St Hell:  
My Trans Teen Misadventure**  
Lewis Hancox  
*Scholastic*

### Allwedd i'r math o lyfr Book Type Key

**H** Hunangymorth  
Self-help

**Ff** Ffuglen  
Fiction

**LI** Llyfrau graffeg  
Graphic format

**S** Straeon personol  
Personal stories

### Dysgu am Fywyd Learning About Life

**Ff** **Yn y llyfr**  
**Booked**  
Kwame Alexander  
*Andersen Press*

**Ff** **Arhoswch fymryn eto**  
**Stay a Little Longer**  
Bali Rai  
*Barrington Stoke Ltd*

### Hybu eich Hyder Boost your Confidence

**H** **Lleddfu gorbryder cymdeithasol**  
**Social Anxiety Relief for Teens**  
Bridget F Walker  
*Little, Brown*

### Goroesi Ar-lein Surviving Online

**H** **Canllaw i orosi'r cyfryngau  
cymdeithasol**  
**Social Media Survival Guide**  
Holly Bathie, Kate Sutton, Richard  
Merritt and The Boy Fitz Hammond  
*Usborne*

### Adnoddau Digidol Digital Resources

I gyd-fynd â'r llyfrau, ceir adnoddau digidol wedi'u hargymell i'ch helpu i ddeall eich teimladau a delio â phrofiadau anodd.

Alongside the books, there are recommended digital resources to help you understand your feelings and deal with tough experiences.

Sganiwch y cod QR neu ewch I  
[reading-well.org.uk/  
cymru/teens](https://reading-well.org.uk/cymru/teens)  
i ddod o hyd i ragor o wybodaeth



Scan the QR code or visit  
[reading-well.org.uk/teens](https://reading-well.org.uk/teens)  
to find out more

© The Reading Agency 2022.  
The Reading Well core lists are only available for use as part of the Reading Well scheme. Permission to use this resource by non-subscribing agencies should be sought from The Reading Agency



## Beth os oes angen mwy o help arnaf i?

Weithiau gall fod angen mwy na llyfr i'ch helpu. Does dim angen i chi frwydro ar eich pen eich hun. Gallwch siarad â rhywun rydych chi'n ymddiried ynddo, fel rhiant neu ofalwr, ffrind, athro neu athrawes, neu gwnselydd. Gallwch hefyd siarad â phobl yn eich cymuned, fel eich nyrs ysgol neu eich meddyg a gweithwyr iechyd eraill yn eich meddygfa.

## What if I need more help?

Sometimes a book may not provide all the help you need. You don't need to struggle on your own. You can talk things through with someone you trust such as a parent or carer, friend, teacher or counsellor. You can also talk to people in the community such as your school nurse or your GP and other professionals in your GP practice.

You can contact one of the following organisations for support:

## Pecyn Cymorth Iechyd Meddwl Pobl Ifanc Young Person's Mental Health Toolkit

Mae Llywodraeth Cymru wedi creu adnodd ar-lein ar gyfer pobl ifanc rhwng 11 a 25 oed. Mae'r pecyn yn eich cyfeirio at wefannau, apiau, llinellau cymorth a mwy i gefnogi iechyd meddwl a lles pobl ifanc.

Welsh Government created online resource for 11-to-25-year-olds providing signposting to websites, apps, helplines and more to support young people's mental health and wellbeing.

[bit.ly/YoungPersonsMentalHealthToolkit\\_CYM](https://bit.ly/YoungPersonsMentalHealthToolkit_CYM)

[bit.ly/YoungPersonsMentalHealthToolkit](https://bit.ly/YoungPersonsMentalHealthToolkit)

## Meic

Llinell gymorth sy'n darparu gwybodaeth, cyngor ac eiriolaeth ar gyfer plant a phobl ifanc. Ar gael **pob dydd, 8yb – canol nos**.

Information, advice and advocacy helpline for children and young people. Available **daily, 8am – midnight**.

[meicymru.org/cym](https://meicymru.org/cym) | [meicymru.org](https://meicymru.org)

[080880 23456](tel:08088023456)

[84001](tel:84001) [meicymru.org/get-help](https://meicymru.org/get-help)

## Childline

Gwasanaeth preifat a chyfrinachol sydd am ddim, lle y gallwch siarad am unrhyw beth, ar gyfer unrhyw un **dan 19 oed** yn y DU. **Ar agor ddydd a nos, pob dydd o'r flwyddyn**.

Free, private and confidential service where you can talk about anything, for anyone **under 19** in the UK. Open **24/7**.

[bit.ly/ChildlineCYM](https://bit.ly/ChildlineCYM) | [childline.org.uk](https://childline.org.uk)

[0800 1111](tel:08001111)

## Anna Freud National Centre for Children and Families

Gwybodaeth, cyngor ac adnoddau i helpu pobl ifanc i gefnogi eu hiechyd meddwl eu hunain.

Information, advice and resources to help young people support their own mental health.

[annafreud.org/on-my-mind](https://annafreud.org/on-my-mind)

[AFC Crisis Messenger](https://afcmessenger.org): Tecstiwch **AFC** i **85258**.

Gwasanaeth cyfrinachol am ddim, ar agor ddydd a nos, pob dydd o'r flwyddyn, ar gyfer unrhyw un sy'n cael ei lethu neu sy'n ei chael hi'n anodd ymdopi.

**AFC Crisis Messenger: Text AFC to 85258.**

**Free, confidential, 24/7 service for anyone feeling overwhelmed or struggling to cope.**

# Darllen yn Well

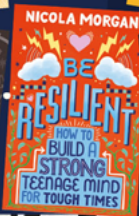
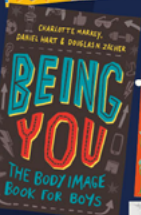
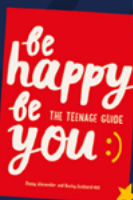
argyfer

# yr Ardddegau

# Reading Well

for

# Teens



Bydla wyzch  
pamym

Furesorve

Today I Was

