





***Please scroll down for Welsh**



A-Level Results Day 2024
Samaritans Cymru Media Pack

Social media posts

X (formally known as Twitter)

- This [#ALEVELResultsDay @SamaritansCymru](#) are sharing an important message 
If you're struggling, they can help you talk it through.
Opening up and sharing your worries is a sign of strength, not weakness 
[samaritans.org](https://www.samaritans.org)
- This [#ALEVELResultsDay @SamaritansCymru](#) are sharing an important message 
If you're struggling, they can help you talk it through.
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[Samaritans.org](https://www.Samaritans.org)
- Today is just one day - you're more than your results.
You matter & you are just as important as anyone else. If you need support,
[@SamaritansCymru](#) are there for you, round the clock
[#AlevelResultsDay](#)
- [#AlevelResultsDay](#) may seem like a really big day but it's just one day in the bigger picture of your life - you're more than your results.
You matter & you are just as important as anyone else. If you need support,
[@SamaritansCymru](#) are there for you, round the clock.


Facebook and Instagram

A gentle reminder: today is just one day [#AlevelResultsDay](#) may seem like a really big day but it's just one day in the bigger picture of your life – you are more than your results.

You matter and you are just as important as anyone else.

If you're struggling, [@SamaritansCymru](#) can help you talk it through.

Available 24/7 on 116 123 or on their Welsh language line 0808 164 0123 (open 7pm – 11pm)

Opening up and sharing your worries is a sign of strength, not weakness 

Copy for internal bulletins / intranet

As we approach A-Level Results Day, we want to share some messages from Samaritans Cymru as part of their important campaign.

or

Today is A-Level Results Day and we want to share some messages from Samaritans Cymru as part of their important campaign.

We know this can be a difficult time for you and you may feel a range of emotions surrounding your results. Samaritans Cymru want to increase awareness of the importance of asking for help and looking after your mental health during this time. They say it's normal for many people to experience stress and anxiety during this time. Others may feel very disappointed, guilty, or left-out because of their results and may experience depression or suicidal thoughts.

They want you to know that A Level Results Day is just one day in the bigger picture of your life. You are worth more than their results and Samaritans Cymru don't want you to feel defined by one day.

They want everyone to know that it's good to talk about your feelings and that asking for help is a sign of strength, not weakness. They are there for you round the clock, in English or Welsh, for anyone who is struggling to cope.

They also have a free guide available for anyone who is struggling to cope – samaritans.org/FindingYourWay

Anyone can contact Samaritans for free any time from any phone on 116 123, even a mobile without credit. If you would like emotional support in Welsh, Samaritans have a Welsh Language Line which is free to call on 0808 164 0123 (Open every day 7pm-11pm) These numbers won't show up on your phone bill. Or you can email jo@samaritans.org or visit www.samaritans.org.

Signposting

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Our education work in Wales

[Compassion in Education](#) - a free toolkit for teaching staff which equips them with the skills and knowledge to respond to pupils experiencing emotional distress

[Step by Step](#) – Step by Step is a Samaritans service that provides practical support to help schools prepare for and recover from a suspected or attempted suicide.





[DEAL \(Developing Emotional Awareness and Listening\)](#) - a free set of lesson plans (14+) which aims to develop resilience in young people

**All our resources are bilingual*



Diwrnod Canlyniadau Lefel A 2024 Pecyn Cyfryngau Samaritans Cymru

Postiadau ar y cyfryngau cymdeithasol

- Ar [#DiwrnodCanlyniadauLefelA](#) mae [@SamaritansCymru](#) yn rhannu neges bwysig 
Os wyt ti'n stryglan, gallan nhw dy helpu i'w drafod.
Mae agor i fyny a rhannu dy bryderon yn gryfder, nid yn wendid 
[samaritans.org](#)
- Ar [#DiwrnodCanlyniadauLefelA](#) mae [@SamaritansCymru](#) yn rhannu neges bwysig 
Os wyt ti'n stryglan, gallan nhw dy helpu i'w drafod.
Mae agor i fyny a gofyn am gymorth yn gryfder, nid yn wendid 
[Samaritans.org](#)
- Un diwrnod yw heddiw – rwyt ti'n fwy na dy ganlyniadau.
Rwyt ti o bwys ac rwyt ti'r un mor bwysig ag unrhyw un arall. Os oes angen cymorth arnat, mae [@SamaritansCymru](#) yna iti bob awr o'r dydd a'r nos
[#DiwrnodCanlyniadauLefelA](#)
- Gall [#DiwrnodCanlyniadauLefelA](#) deimlo fel diwrnod mawr iawn, ond dim ond un diwrnod yn dy fywyd yw e – rwyt ti'n fwy na dy ganlyniadau.
Rwyt ti o bwys ac rwyt ti'r un mor bwysig ag unrhyw un arall.
Os oes angen cymorth arnat, mae [@SamaritansCymru](#) yna iti bob awr o'r dydd a'r nos.

Copi ar gyfer bwletinau mewnol / y fewnrwyd

Wrth i Ddiwrnod Canlyniadau Lefel A nesáu, hoffem rannu rhai o negeseuon Samariaid Cymru fel rhan o'i ymgyrch bwysig.

or

Mae'n Ddiwrnod Canlyniadau Lefel A heddiw. Hoffem rannu rhai o negeseuon Samariaid Cymru fel rhan o'i ymgyrch bwysig.

Gwyddom y gall hon fod yn adeg anodd ichi ac efallai y byddwch yn teimlo amrywiaeth o emosiynau ynghylch eich canlyniadau. Hoffai Samariaid Cymru godi ymwybyddiaeth am bwysigrwydd gofyn am gymorth a gofalu am eich iechyd meddwl yn ystod y cyfnod hwn. Maen nhw'n dweud ei bod yn normal i lawer o bobl deimlo straen a gorbryder yn ystod y cyfnod hwn. Gall eraill deimlo'n siomedig iawn, yn euog neu wedi'u heithrio oherwydd eu canlyniadau, gan brofi iselder neu gael meddyliau hunanladdol.

Mae'r Samariaid eisiau i ti wybod mai dim ond un diwrnod yn dy fywyd yw Diwrnod Canlyniadau Lefel A. Rwy'ti'n werth mwy na'r canlyniadau, ac nid ydynt eisiau iti deimlo dy fod ti wedi dy ddiffinio gan un diwrnod.

Hoffent i bawb wybod ei fod yn beth da i drafod dy deimladau a bod gofyn am gymorth yn gryfder, nid yn wendid. Maen nhw yna ichi, bob awr o'r dydd a'r nos, yn Gymraeg neu yn Saesneg, i unrhyw un sy'n cael trafferth i ymdopi.

Hefyd mae ganddynt ganllaw sydd ar gael am ddim i unrhyw un sy'n cael trafferth i ymdopi – samaritans.org/DodOHydIchFfordd

Gall unrhyw un gysylltu â'r Samariaid yn ddi-dâl unrhyw bryd o unrhyw ffôn, hyd yn oed ffôn symudol heb greddydd, trwy ffonio 116 123. Os hoffech gael cymorth emosiynol yn Gymraeg, gallwch gysylltu'n ddi-dâl â Llinell Gymraeg y Samariaid drwy ffonio 0808 164 0123 (ar agor bob dydd 7pm-11pm). Ni fydd y rhifau hyn yn ymddangos ar eich bil ffôn. Neu gallwch anfon neges e-bost at jo@samaritans.org neu fynd i www.samaritans.org.

Cyfeirio

Gall unrhyw un gysylltu â'r Samariaid yn ddi-dâl unrhyw bryd o unrhyw ffôn, hyd yn oed ffôn symudol heb greddydd, trwy ffonio 116 123. Os hoffech gael cymorth emosiynol yn Gymraeg, gallwch gysylltu'n ddi-dâl â Llinell Gymraeg y Samariaid drwy ffonio 0808 164 0123 (ar agor bob dydd 7pm-11pm). Ni fydd y rhifau hyn yn ymddangos ar eich bil ffôn. Neu gallwch anfon neges e-bost at jo@samaritans.org neu fynd i www.samaritans.org.

Ein gwaith ym maes addysg yng Nghymru

Tosturi mewn Addysg - pecyn cymorth sydd ar gael am ddim i staff addysgu sy'n rhoi iddynt y sgiliau a'r wybodaeth i ymateb i ddisgyblion sy'n profi trallod emosiynol

Cam wrth Gam – Mae Cam wrth Gam yn wasanaeth gan y Samariaid sy'n rhoi cymorth ymarferol i helpu ysgolion i baratoi ar gyfer, ac ymadfer ar ôl hunanladdiad ameuedig neu ymgais at hunanladdiad.

DYEG (Datblygu Ymwybyddiaeth Emosiynol a Gwranddo) – set o gynlluniau gwersi (14+) sydd ar gael am ddim sydd a'r nod o ddatblygu cadernid mewn pobl ifanc

**Mae ein holl adnoddau'n ddwyieithog*