

# iCAN WORK



## Are you currently out of work and feeling low, anxious or isolated?

iCAN Work can support you to find and remain in paid employment which can help you feel better and improve your wellbeing

- Intensive support to help you find suitable paid work
- Benefits and money advice included
- Delivered in partnership with employers & healthcare professionals
- Ongoing support for you and your employer
- Approved by the National Institute of Clinical Excellence (NICE)

Gwynedd, Flintshire & Wrexham

[icanwork@adferiad.org](mailto:icanwork@adferiad.org)

0300 7772256

Anglesey, Conwy & Denbighshire:

[icanwork@rcs-wales.co.uk](mailto:icanwork@rcs-wales.co.uk)

01745 336442

To find out more visit

[www.bcuhb.nhs.wales/ican](http://www.bcuhb.nhs.wales/ican)

or speak to any  
healthcare professional  
who is supporting you



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



Llywodraeth Cymru  
Welsh Government

# FEDRA'i

# WEITHIO



## Ydych chi allan o waith ar hyn o bryd ac yn teimlo'n isel, yn bryderus neu'n unig?

Gall Fedra'i Weithio eich cefnogi i ddod o hyd i swydd a pharhau ynddi, a all eich helpu i deimlo'n well a gwella eich lles

- Cefnogaeth barhaus i chi a'ch cyflogwr
- Mae cyngor ar fudd-daliadau ac arian yn rhan ohono
- Yn cael ei ddarparu mewn partneriaeth â gweithwyr proffesiynol gofal iechyd
- Cefnogaeth ddwys i'ch helpu i ddod o hyd i waith cyflogedig addas
- Wedi'i gymeradwyo gan y Sefydliad Cenedlaethol dros Ragoriaeth Glinigol (NICE)

Gwynedd, Wrecsam a Sir y Fflint:

icanwork@adferiad.org  
0300 7772256

Sir Fon, Conwy a Sir Dinbych:

icanwork@rcs-wales.co.uk  
01745 336442

Er mwyn cael mwy o wybodaeth ewch i

[www.bipbc.gig.cymru/fedra-i](http://www.bipbc.gig.cymru/fedra-i)

neu siarad ag unrhyw  
weithwyr proffesiynol gofal  
iechyd sy'n eich cefnogi



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