



Working together to improve your wellbeing

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

I CAN 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
- ✓ Approved by the National Institute of Clinical Excellence (NICE)
- ✓ Delivered in partnership with employers & healthcare professionals
- ✓ Benefits and money advice included
- ✓ Ongoing support for you and your employer

Gwynedd, Flintshire & Wrexham

icanwork@cais.org.uk  
0300 7772256

Anglesey, Conwy & Denbighshire:

icanwork@rcs-wales.co.uk  
01745 336442

To find out more visit [www.bcuhb.nhs.wales/i-can/i-can-work/](http://www.bcuhb.nhs.wales/i-can/i-can-work/) 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





Gweithio gyda'n gilydd i wella eich lles

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

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

Gwynedd, Wrecsam a Sir y Fflint:

icanwork@cais.org.uk  
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Sir Fon, Conwy a Sir Dinbych:

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01745 336442

Er mwyn cael mwy o wybodaeth ewch i [www.bitly.com/mifedrafweithio](http://www.bitly.com/mifedrafweithio) neu siarad ag unrhyw weithwyr proffesiynol gofal iechyd sy'n eich cefnogi



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