



23.02.23

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Erthygl i'r Wasg Press Release

DRYCH: Meddwl yn Wahanol – y cyswllt rhwng iaith, diwylliant a iechyd meddwl

Mae'r rhaglen ddogfen **DRYCH: Meddwl yn Wahanol** yn dilyn y Seiciatrydd Dr. Olwen Payne, wrth iddi archwilio'r cysylltiad rhwng iaith, diwylliant a iechyd meddwl.

Mae Olwen yn ddoctor meddygol sydd bellach wedi arbenigo mewn seiciatreg, yn benodol gyda phlant a phobl ifanc.

"Dwi isio gwbod os ydi'r pethau unigryw sy'n ein gwneud ni'n Gymraeg – fel yr iaith a'n diwylliant ni – yn cael dylanwad ar ein iechyd meddwl." Meddai Olwen ar gychwyn y daith, "Ydi o'n siapio sut yr ydan ni'n delio efo'n problemau? Oes angen i ni fel Cymry Cymraeg feddwl yn wahanol?"

Mae'n wir fod yr amgylchedd a'r pobl o'n cwmpas ni yn holl bwysig i'n iechyd meddwl. A rhywle go arbennig mae Olwen yn ymweld ag o yw Antur Waunfawr. Mae'r fenter gymdeithasol yma yn cynnig cymuned a chyfleoedd gwaith i bobl ag anableddau dysgu, yn bennaf yn yr iaith Gymraeg. Ffactor sy'n allweddol i nifer fawr o bobl.

Mi symudodd Casi Jones a'i gŵr o dde Cymru i'r gogledd er mwyn cael mynediad at wasanaethau yn y Gymraeg i'w mab, Dafydd, sy'n byw gydag awtistiaeth ac wrth ei fodd yn gwneud gwaith caib a rhaw yn Antur Waunfawr:

"Roedden ni'n gweld bod angen mwy o addysg arbenigol i blentyn awtistig...i Dafydd, yr ail iaith fysa Saesneg, a dod i ddeall, falle bod yna ddim addysg arbennig i'w gael trwy gyfrwng y Gymraeg yn lle oedden ni'n byw. Wedyn dechrau edrych mewn i'r posibiladau."

Wrth edrych ymhellach i'r berthynas rhwng yr iaith yr ydym ni'n ei siarad a iechyd meddwl, mae Olwen yn cwrdd â sawl un sydd wedi dioddef – pob un â stori deimladwy iawn.

Un o'r rhain yw Aled Griffiths, o Wasanaeth Iechyd Meddwl Plant a Phobl Ifanc, sy'n cydweithio gydag Olwen. Roedd Aled yn ymwybodol ei fod o'n hoyw o oedran ifanc, ond yn teimlo fel na fyddai'r gymdeithas cafodd ei fagu ynddo am ei dderbyn:

"Nes i drïo cadw fo i fi'n hun, trio ei guddio o, trio ei wrthod o," meddai, ac mi aeth i le tywyll iawn ar ei ben-blwydd yn 21 oed, "Doedd pethau ddim yn medru cario ymlaen fel oedden nhw, doeddwn i ddim yn medru byw y bywyd ffug yma."

Yn dilyn ei brofiadau, mae o bellach yn gweithio yn cefnogi plant a phobl ifanc sy'n mynd trwy gyfnodau anodd gyda'u hiechyd meddwl ac wedi sefydlu grŵp LHDTTC+ yng Nghaernarfon sy'n cynnig croeso cynnes a chymuned i bobl ifanc. Mae Aled yn sicr yn ysbrydoliaeth i'r bobl y mae



o'n gefnogi ac, yn ôl Olwen, dydi o methu bod yn ddylanwad gwell ar y rhai mae o'n helpu i ddangos bod yna obaith iddyn nhw hefyd.

"Fedra ni ddim byw lle mae person am fod yn nhw ei hunain yn cysidro bod marw yn well na byw." Meddai Aled.

Mae Olwen hefyd yn cyfarfod Dafydd Davis, a enillodd MBE am ei waith gyda'r Comisiwn Coedwigaeth yng Nghymru. Mae o'n byw gyda seicosis dwys, sy'n golygu ei fod yn clywed lleisiau annifyr ac yn wynebu gor-bryder ac iselder yn aml.

Dyma yw'r tro cyntaf iddo siarad Cymraeg am ei iechyd meddwl, ac mae'n gwneud gwahaniaeth:

"Yn y chwe mlynedd diwetha', dwi wedi gweld 24 *consultant psychiatrists*. Pan dwi'n siarad efo pobl proffesiynol yn Saesneg, dwi'n mynd yn bryderus ofnadwy a dwi'n ffeindio fo'n ofnadwy o anodd. Am ryw reswm dwi'n ffeindio fo'n lot haws i gyfathrebu am hyn yn Gymraeg...Dwi erioed wedi cael y fath yma o sgwrs yn Gymraeg o'r blaen."

I Olwen, mae'n angenrheidiol fod rhywun sy'n dioddef yn gallu siarad am eu salwch yn eu hiaith gyntaf. Mi fydd y rhaglen ddogfen arbennig yma yn ystyried oes yna bethau gwahanol am fod yn Gymraeg sy'n effeithio ar ein iechyd meddwl? Ac oes angen ystyried iechyd meddwl yng Nghymru yn wahanol?

DRYCH: Meddwl yn Wahanol

Nos Sul 5 Mawrth, 9.00

Isdeitlau Saesneg

Ar S4C Clic, BBC iPlayer a llwyfannau eraill

Cynhyrchiad Rondo Media ar gyfer S4C



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DRYCH: Meddwl yn Wahanol - the link between language, culture, and mental health

The documentary DRYCH: Meddwl yn Wahanol (Thinking Differently) follows Psychiatrist Dr. Olwen Payne, as she explores the connection between language, culture, and mental health.

Olwen is a medical doctor who has specialized in psychiatry, specifically with children and young people.

"I want to know if the unique things that make us Welsh - such as our language and culture - have an influence on our mental health." Olwen said at the start of the journey, "Does it shape how we deal with our problems? Do we as Welsh people need to think differently?"

It's true that the environment and people around us are very important to our mental health. And somewhere special Olwen visits is Antur Waunfawr. This social enterprise offers community and work opportunities for people with learning disabilities, mainly in the Welsh language. A key factor for many people.

Casi Jones and her husband moved from south Wales to the north to have access to services in Welsh for her son, Dafydd, who lives with autism and loves working at Antur Waunfawr:

"We saw that there was a need for more specialized education for an autistic child...for Dafydd, his second language is English, and we came to understand that there might not be special education available through the medium of Welsh where we were living. Then we started looking at the possibilities."

Looking further into the relationship between the language we speak and our mental health, Olwen meets several people who have suffered with their mental health – each one with a very moving story.

One of these is Olwen's colleague Aled Griffiths, who works at the Children and Young People's Mental Health Service. Aled was aware that he was gay from a young age, but felt that the society he grew up in would not accept him:

"I tried to keep it to myself, tried to hide it, tried to reject it," he said, and he went to a very dark place on his 21st birthday, "Things couldn't carry on like they were, I couldn't live this fake life."

Following his experiences, he now works supporting children and young people who are going through difficult times with their mental health and has established an LGBTQ+ group in



Caernarfon offering a warm welcome and community to young people. Aled is certainly an inspiration to the people he supports and, according to Olwen, he couldn't be a better influence on those he helps to show that there is hope for them too.

"We can't live where a person who wants to be themselves considers that dying is better than living." Aled said.

Olwen also meets Dafydd Davis, who won an MBE for his work with the Forestry Commission in Wales. He lives with intense psychosis, which means he hears unpleasant voices and often faces extreme anxiety and depression.

This is the first time he has spoken in Welsh about his mental health, and it makes a difference:

"In the last six years, I have seen 24 consultant psychiatrists. When I talk to professional people in English, I get very anxious, and I find it very difficult. For some reason, I find it a lot easier to communicate about this in Welsh...I've never had this kind of conversation in Welsh before."

For Olwen, it is necessary that someone who suffers can talk about their illness in their first language. This special documentary will consider whether there are different things about being Welsh that affect our mental health? And does mental health in Wales need to be considered differently?

DRYCH: Meddwl yn Wahanol

Sunday, 5 March, 9.00pm

English subtitles available

On demand: S4C Clic, iPlayer and other platforms

A Rondo Media production for S4C