

Help and support around campus

@CUSUAdvice

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Emergency

In an emergency, or where someone is in imminent risk of harm, you can call the **Emergency Services on 999**.

If necessary, you may need to inform University Security on
☎ **+44 (0)29 2087 4444**.

Non-Emergency Crime

If you are subject to a non-emergency criminal matter you can contact the **police** on their **non-emergency** number, **101**

If necessary, you may need to inform University Security on
☎ **+44 (0)29 2087 4444**

Mental Health

If you are struggling with your mental health, you are not alone. There is a lot of support available for you to contact.

Find out more here:

🌐 cardiffstudents.com/advice/mental-health

Violence and Abuse

If you are experiencing violence or abuse, there are a range of support options to help keep you safe, and to help you manage your circumstances.

Find out more here:

🌐 cardiffstudents.com/advice/personal

University Residences

Living in Cardiff University Student digs?

Maintenance, Wi-fi and Wellbeing Advice for students living in University Owned Accommodation

Your Sabbatical Officers

Your Sabbatical Officers are a team of students who are elected each year to lead the Students' Union. Get in touch:

🌐 cardiffstudents.com/officers

Private Accommodation

Living in private accommodation or want to be?

Know your rights and responsibilities:

🌐 cardiffstudents.com/advice/housing

Help if homeless:

🌐 cardiffstudents.com/advice/homeless

Non-Emergency Physical Health and Wellbeing

If you need non-emergency medical attention you can contact the **NHS** on their **non-emergency** ☎ **0845 46 47**

If you are not sure whether your personal circumstances are urgent you can call **NHS Direct** for advice on ☎ **0845 46 47**

Or, register with a GP:

🌐 cardiffstudents.com/advice/gp

Need a break from your Studies?

You may be eligible for up to 12 months away from your course to help you manage your personal circumstances.

Find out more here:

🌐 cardiffstudents.com/advice/academic

Cardiff University Student Support

Find out more about your University student support services, including **International Student Support** and **Wellbeing Services**.

Listen to our podcasts

The Students' Union has its very own podcast channel called **Clonc** (which means chat in Welsh).

🔍 Search Clonc on Anchor and Spotify

Money

Need some extra cash or looking for advice on how to manage your money?

Find out more here:

🌐 cardiffstudents.com/advice/money

LGBTQ+ Support

Support and information for LGBTQ+ people.

Find out more here:

🌐 cardiffstudents.com/advice/lgbtq

Going on Placement

Are you getting ready for placement? Good luck!

Advice and Guidance for going on placement:

🌐 cardiffstudents.com/advice/placement

Religious Spaces

Looking for places of worship in a new city? Cardiff University Chaplaincy may be able to offer you support, or signpost you to the place of worship that you are seeking.

Travelling around Cardiff

Know where to go but not how to get there?

How to change a Lightbulb

Don't know how to change your lightbulb? You're not the only one - take a look at our step by step guide

🌐 cardiffstudents.com/advice/lightbulb

Need more help and support?

Speak to our Student Advice team

🌐 cardiffstudents.com/advice

Students Union Services

Find out about your Students' Union.

🌐 cardiffstudents.com

Postgraduate Students

Looking for Academic Advice and support?

🌐 cardiffstudents.com/advice/postgraduate-research

Study Spaces

Studying from your bedroom and looking for a change of scenery? Take a look at what other spaces are available to you.

Cymorth a chefnogaeth o amgylch y campws

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@AdviceCUSU

Argyfwng

Mewn argyfwng, neu pan fo rhywun mewn perygl o niwed, gallwch ffonio'r **Gwasanaethau Brys** ar **999**.

Os yn angenheidiol, efallai y bydd angen hysbysu **Diogelwch y Brifysgol** ar ☎ **+44 (0)29 2087 4444**.

Troseddau lle nad oes argyfwng

Os ydych chi'n profi mater troseddol nad yw'n argyfwng gallwch gysylltu â'r **heddlu** ar eu rhif ar gyfer sefyllfaoedd **nad ydynt yn argyfwng**, **101**

Os yn angenheidiol, efallai y bydd angen hysbysu **Tim Diogelwch y Brifysgol** ar ☎ **+44 (0)29 2087 4444**

Iechyd Meddwl

Os ydych chi'n cael trafferth gyda'ch iechyd meddwl, nid ydych chi ar eich pen eich hun. Mae yna lawer o gefnogaeth y gallwch ei dderbyn.

Cewch ragor o wybodaeth yma:

🌐 cardiffstudents.com/advice/mental-health

Trais a Chamdriniaeth

Os ydych chi'n profi trais neu gamdriniaeth, mae yna ystod o opsiynau cymorth i helpu eich cadw chi'n ddiogel, ac i'ch helpu chi i reoli'ch amgylchiadau.

Cewch ragor o wybodaeth yma:

🌐 cardiffstudents.com/advice/personal

Preswylfeydd y Brifysgol

Byw mewn llety myfyriwr Prifysgol Caerdydd?

Cyngor Cynnal a Chadw, Wi-fi a Lles ar gyfer myfyrrwyr sy'n byw mewn Llety y Brifysgol

Eich Swyddogion Sabothol

Mae eich Swyddogion Sabothol yn dîm o fyfyrwyr sy'n cael eu hethol bob blwyddyn i arwain Undeb y Myfyrwyr. Cysylltwch â ni:

🌐 cardiffstudents.com/officers

Iechyd a lles corfforol nad yw'n argyfwng

Os ydych chi angen sylw meddygol ond nad yw'n argyfwng gallwch gysylltu â'r **GIG** ar eu llinell ar gyfer sefyllfaoedd **nad ydynt yn argyfwng** ☎ **0845 46 47**

Os nad ydych chi'n siŵr os yw eich amgylchiadau personol yn fater brys gallwch ffonio **Galw Iechyd Cymru** am gyngor ar ☎ **0845 46 47**

Neu gofrestrwch gyda Meddyg Teulu:

🌐 cardiffstudents.com/advice/gp

Angen seibiant oddi wrth eich astudiaethau?

Efallai eich bod chi yn gymwys i hyd at 12 mis oddi ar eich cwrs i helpu rheoli eich sefyllfa bersonol.

Cewch ragor o wybodaeth yma:

🌐 cardiffstudents.com/advice/academic

Cefnogaeth i Fyfyrwyr Prifysgol Caerdydd

Darganfyddwch fwy o wybodaeth am wasanaethau cymorth eich Prifysgol gan gynnwys **Cymorth Myfyrwyr Rhyngwladol** a **Gwasanaethau Lles**.

Gwranda ar ein podlediadau

Mae gan Undeb y Myfyrwyr sianel podlediad ei hun o'r enw **Clonc** (sy'n golygu sgwrs yn Gymraeg).

🔍 Chwiliwch Clonc ar Anchor a Spotify

Llety Preifat

Byw neu eisiau byw mewn llety wedi ei rentu?

Dysgwch eich hawliau a chyfrifoldebau:

🌐 cardiffstudents.com/advice/housing

Help os yn ddigartref:

🌐 cardiffstudents.com/advice/homeless

Iechyd Rhywiol

Chwilio am gefnogaeth neu gyngor yn ymwneud â'ch iechyd rhywiol?

🌐 cardiffstudents.com/advice/sexual-health

Blogiau

Ewch draw i ddarllen blogiau a ysgrifennwyd gan fyfyrwyr Caerdydd ar ystod eang o bynciau gan gynnwys awgrymiadau da, profiadau personol a phopeth sy'n ymwneud â bywyd myfyrwyr yng Nghaerdydd.

🌐 cardiffstudents.com/blogs

Dyddiadau Cau

Ydych chi'n chwilio am estyniad ar rai dyddiadau cau sydd am ddod? Efallai y gallwch ohirio'ch asesiadau trwy'r Weithdrefn Amgylchiadau Esgusodol.

🌐 cardiffstudents.com/advice/extenuating-circumstances

Oes gennych chi anabledd neu amgylchiadau personol parhaus sy'n ei gwneud eich arholiadau yn anodd? Efallai eich bod yn gymwys i gael addasiadau rhesymol.

🌐 cardiffstudents.com/advice/disabledstudents

Cymorth i Fyfyrwyr Rhyngwladol

Os ydych chi'n dod i Gaerdydd o dros y môr, croeso!

Cymdeithasau Rhyngwladol

Dewch o hyd i fyfyrwyr eraill o'r wlad rydych chi'n tarddu ohoni drwy gymdeithasau diwyllianol

Chwilio am gefnogaeth neu gyngor:

🌐 cardiffstudents.com/advice/international

Arian

Angen arian ychwanegol neu yn chwilio am gyngor ar sut i reoli arian?

Cewch ragor o wybodaeth yma:

🌐 cardiffstudents.com/advice/money

Cefnogaeth LGBTQ+

Cefnogaeth a gwybodaeth i bobl LGBTQ+.

Cewch ragor o wybodaeth yma:

🌐 cardiffstudents.com/advice/lgbtq

Mynd ar leoliad

Ydych chi'n paratoi tuag at fynd ar leoliad? Pob lwc!

Cyngor a chanllawiau ar gyfer mynd ar leoliad:

🌐 cardiffstudents.com/advice/placement

Mannau Crefyddol

Edrych am lefydd i addoli mewn dinas newydd? Gall Caplaniaeth Prifysgol Caerdydd gynnig cefnogaeth, neu eich cyfeirio at y le addoli rydych chi'n chwilio amdano.

Teithio o amgylch Caerdydd

Gwybod lle i fynd, ond ddim sut i gyrraedd yno?

Sut i newid bwlb golau

Ddim yn siŵr sut i newid bwlb golau? Nid ti yw'r unig un. Cymrwch olwg ar ein canllaw defnyddiol

🌐 cardiffstudents.com/advice/lightbulb

Gwasanaethau Undeb y Myfyrwyr

Darganfyddwch mwy am eich Undeb Myfyrwyr.

🌐 cardiffstudents.com

Myfyrwyr Ôl-raddedig

Chwilio am gyngor academaidd a chefnogaeth?

🌐 cardiffstudents.com/advice/postgraduate-research

Mannau Astudio

Astudio o'ch ystafell wely ac yn chwilio am newid? Cymrwch olwg ar ba fannau eraill sydd ar gael i chi.

Angen fwy o help a chefnogaeth?

Siaradwch â'n tîm Cyngor Myfyrwyr

🌐 cardiffstudents.com/advice