

meddwl.org – who, what and why?

[\[Darllen y dudalen hon yn Gymraeg\]](#)

Living with a mental health condition or illness can be a very isolating and challenging experience. 'Meddwl' is the Welsh word for both 'mind' and 'thought' and

[meddwl.org](#) is a website providing a space to learn about different mental health conditions and to find support and information on where to obtain further assistance – all through the medium of Welsh.



The website was launched in November 2016 and is run by a small group of volunteers. Research and individuals' personal experiences have expressed that contemplating and discussing emotionally sensitive and complex issues such as mental health is a much easier, more natural and less frustrating experience when able to do so in their mother-tongue. For many Welsh speakers, doing so in English, regardless of fluency, can be extremely limiting and difficult.

We are therefore glad to be able to fill the void in Wales by bringing any information already available in Welsh together in one central place and by expanding and strengthening these resources by attempting to fill any gaps in information. The website also provides a space for individuals to share their experiences and read about others' experiences on the [blogs' page](#). This is by far the most popular section of the website and in our opinion demonstrates that Welsh speakers appreciate

the ability to share in Welsh.

If you would like to help us in any way or have any ideas with regards to raising awareness through the medium of Welsh, or to receive further information about our work, please contact us at post@meddwl.org. You can also support us by spreading the word, and by following us on [Facebook](#), [Twitter](#) and [Instagram](#).

- [Introducing meddwl.org : parallel.cymru](#)
- [Commissioner calls for more Welsh speakers in mental health services : Welsh Language Commissioner](#)