

## BAME

### BAWSO

Llinell gymorth 24awr: 08007318147

[www.bawso.org.uk](http://www.bawso.org.uk)

### Boloh - Barnardos

0800 151 2605

[www.helpline.barnardos.org.uk](http://www.helpline.barnardos.org.uk)

### Bame Cymru

Dydd Llun - Ddydd Gwener - 10:30 - 14:30

0300 222 5720

07537 432416

[www.bame.wales](http://www.bame.wales)

### Tîm Cymorth Lleiafrifoedd Ethnig ac Ieuenctid Cymru

01978 312556

[www.eyst.org.uk](http://www.eyst.org.uk)

## AROS YN DDIOGEL AR-LEIN

### CEOP

[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

### Own It

[www.bbc.com/ownit/curations/gaming](http://www.bbc.com/ownit/curations/gaming)

### Childline Gemau

[www.childline.org.uk](http://www.childline.org.uk)

### Thinkuknow

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

### Childnet International

[www.childnet.com/young-people](http://www.childnet.com/young-people)

### NSPCC

[www.net-aware.org.uk](http://www.net-aware.org.uk)

## CEFNOGAETH EIRIOLAETH

### Barnardos

Llinell Gymorth am Ddim: 0800 157 7015

[www.barnardos.org.uk/see-hear-respond-wales](http://www.barnardos.org.uk/see-hear-respond-wales)

### Gwasanaeth Eiriolaeth Plant

029 2039 6974

[www.tgpcymru.org.uk](http://www.tgpcymru.org.uk)

### Voices From Care Cymru

02920 451431

[www.vfcc.org.uk](http://www.vfcc.org.uk)

### Gwasanaeth Eiriolaeth Ieuenctid Cenedlaethol (NYAS)

0808 808 1001

[www.nyas.net/nyas-cymru](http://www.nyas.net/nyas-cymru)

## CEFNOGAETH YCHWANE GOL

### ChildLine

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

### NSPCC

[www.nspcc.org.uk](http://www.nspcc.org.uk)

### Cymorth i Ferched

0808 80 10 800

[www.welshwomensaid.org.uk](http://www.welshwomensaid.org.uk)

### Trosedd Casineb

0300 3031 982

[Hate.CrimeWales@victimsupport.org.uk](mailto:Hate.CrimeWales@victimsupport.org.uk)



Ieuenctid  
a Chymuned



## YDYCH CHI ANGEN CYMORTH NEU GEFNOGAETH

Ydych chi angen Cymorth neu Gefnogaeth?  
Beth allwn ni ei wneud?

Gallwn helpu i'ch cefnogi trwy unrhyw broses!  
Mae hi mor bwysig nad ydych chi'n dioddef yn dawel. Gall fod yn beth eithaf ofnus i ddweud sut rydych chi'n teimlo, ond dydych chi ddim ar eich pen eich hun - mae yna bobl sydd eisiau helpu.

Ydych chi'n teimlo'n unig?

Ydych chi angen siarad gyda rhywun?

Cofiwch fod yna bob amser rhywun y gallwch siarad â nhw a rhywun sydd yn gallu eich helpu.

Nid ydych chi ar eich pen eich hun!



Ieuenctid  
a Chymuned

## IECHYD MEDDWL A LLES

### MEIC

Ffoniwch am ddim: 080880 23456\*,  
Neges Destyn 84001 [www.meiccymru.org](http://www.meiccymru.org)

### Samaritans

[jo@samaritans.org](mailto:jo@samaritans.org)

Ffoniwch 116 123 am ddim

[www.samaritans.org/wales/samaritans-cymru](http://www.samaritans.org/wales/samaritans-cymru)

### Childline

Ffoniwch am ddim: 0800 1111\*

[www.childline.org.uk](http://www.childline.org.uk)

### Young Minds Cymru

02920 395 123 / 0300 123 3393

Neges destyn 85258 / [info@mind.org.uk](mailto:info@mind.org.uk)

### Mind Cymru

02920 395 123 / 0300 123 3393

Neges destyn 86463 / [info@mind.org.uk](mailto:info@mind.org.uk)

### C.A.L.L

Llinell gymorth 0800 132 737

Neges destyn 81066 / [www.callhelpline.org.uk](http://www.callhelpline.org.uk)

### PAPYRUS

0800 068 41 41

[www.papyrus-uk.org](http://www.papyrus-uk.org)

### The Mix

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk)

### Bullying UK

0300 323 0169 / 0845 22 55 787

[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

### Students Against Depression

[www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

\*NI fydd y rhif yn ymddangos ar y bil ffôn!

## IECHYD RHYWIOL

### BROOK

[www.brook.org.uk](http://www.brook.org.uk)

### Cymru Chwareus

[www.friskywales.org](http://www.friskywales.org)

### Amethyst SARC

0808 156 3658

[www.north-wales.police.uk/amethyst](http://www.north-wales.police.uk/amethyst)

### RASASC

### Canolfan Gefnogaeth Trais a Chamdriniaeth

### Rywiol Gogledd Cymru

01248 670 628

[www.rasawales.org.uk](http://www.rasawales.org.uk)

## CYFFURIAU AC ALCOHOL

### Dan 24/7

Rhadffôn: 0808 808 2234

Neu neges destun DAN -81066 24awr y dydd,  
7 diwrnod yr wythnos

[www.dan247.org.uk](http://www.dan247.org.uk)

### FRANK

0300 1236600 (Llinell gymorth 24awr)

Neges destyn 82111

[www.talktofrank.com](http://www.talktofrank.com)

## LHDT

### Stonewall Cymru

0800 0502020

Llinellau ar agor 9:30 - 4:30 Dydd Llun i ddydd  
Gwener.

[www.stonewallcymru.org.uk](http://www.stonewallcymru.org.uk)

### LGBT Cymru

### Llinell gymorth a gwasanaeth cwnsela

0800 980 4021

[www.lgbtcymru.org.uk](http://www.lgbtcymru.org.uk)

### Unique

[kathy@uniquetg.org.uk](mailto:kathy@uniquetg.org.uk)

Rhis ffôn: Elen neu Jenny-Ann

01745 337144

### The Proud Trust

[www.theproudtrust.org](http://www.theproudtrust.org)

### Mermaids

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

### MindOUT

[www.mindout.org.uk](http://www.mindout.org.uk)

### Just like us

[www.justlikeus.org](http://www.justlikeus.org)

### Viva LGBT - LGBT Youth Cymru

[www.vivalgbt.co.uk/contact](http://www.vivalgbt.co.uk/contact)

## DIGARTREFEDD

### Shelter Cymru

Llinell gymorth tai

08000 495 495

[www.sheltercymru.org.uk](http://www.sheltercymru.org.uk)

