

RHOWCH GOD:
USE CODE:
NCPCC



"Beth yw'r peth mwyaf dewr
i chi erioed ei ddweud?"

Gofynnodd

"What's the bravest thing
you've ever said?"
They asked



"Help",
medda'r ceffyl

"Help,"
said the horse

Gwasanaeth cwnsela ar-lein rhad
ac am ddim yw Yma i Chi ar gyfer
pobl ifanc (oed 16 - 30)

Here for You is a free online
counselling service for
young people (aged 16 - 30)

Cofrestru Ar-lein:
area43ymaichi.co.uk



Register online:
area43hereforyou.co.uk



Nodwch: nid gwasanaeth argyfwng ydy hwn

Please Note: This is not a crisis service



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

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