



A-Z

Cyfeirio Cymorth i Ddysgwyr Learner Support Signposting

Cyflwyniad

Rydym yn cydnabod y gall sawl ffactor gael effaith ar allu dysgwr i astudio a bod yn rhaid i iechyd a lles personol ddod gyntaf bob amser.

Er y gwnawn ni ein gorau i gefnogi dysgwyr yn yr ystafell ddosbarth, bydd wastad amser pan fydd angen arweiniad arbenigol. I'r perwyl hwn, mae'r mynegai hwn yn darparu man cychwyn i gyfeirio dysgwyr at gymorth arbenigol. Nid yw'n rhestr gyflawn o gwbl ac felly dylid ei defnyddio ar y cyd â ffynonellau gwybodaeth eraill.

Ymwadiad

Mae'r sefydliad wedi ceisio sicrhau bod y wybodaeth a restrir yma yn gywir. Fodd bynnag, ni fyddwn yn derbyn cyfrifoldeb am unrhyw golled, niwed nac anghyfleustra allai godi o ganlyniad i unrhyw ddefnydd neu ddiffyg gallu i ddefnyddio unrhyw wybodaeth neu ddolenni i wefannau o fewn y mynegai hwn.

Nid ydym yn cymryd unrhyw gyfrifoldeb dros gynnwys gwefannau cysylltiedig. Ni ddylid cymryd bod cynnwys unrhyw ddolen yn gymeradwyaeth o unrhyw fath gan ein sefydliad o'r wefan gysylltiedig nag unrhyw gysylltiad gyda'i gweithredwyr. Ymhellach, nid oes gennym reolaeth dros argaeledd y tudalennau cysylltiedig.

Roedd y wybodaeth a gynhwysir yn gywir ar yr adeg y'i diweddarwyd: 1 Awst 2017.

Introduction

We recognise that many factors can impact on a learner's ability to study and that personal health and wellbeing must always come first.

Whilst we will do all it can to support learners in the classroom, there will be times when specialist guidance is required. To this end this index sets out to provide a starting point for learner signposting to specialist support. It is by no means an exhaustive list and therefore should be used in conjunction with other information sources.

Disclaimer

The organisation has tried to ensure that the information listed here is accurate. However, we will not accept liability for any loss, damage or inconvenience arising as a consequence of any use of or the inability to use any information or website links within this index.

We assume no responsibility for the contents of linked websites. The inclusion of any link should not be taken as endorsement of any kind by our organisation of the linked website or any association with its operators. Further, we have no control over the availability of the linked pages.

The information enclosed was accurate at the time of update: 1st August 2017.

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Costau ffôn | Phone charges

Sylwer, er bod rhai o'r rhifau ffôn a restrir yn y mynegai hwn yn rhad ac am ddim, efallai bydd angen i chi dalu rhywfaint o gost eich ffôn llinell tir neu ffôn symudol. Gellir dod o hyd i restr o gostau galwadau'r DU yn:

<https://www.gov.uk/costau-galwadau>

Please be aware that although some phone numbers listed in this index are free you may incur a charge from your landline or mobile phone. A list of UK call charges can be found at:

www.gov.uk/call-charges

Cyngor I'r rhai o dan 25 oed | Advice for under 25s

The Sprout

Gwefan ryngweithiol sy'n annog creadigrwydd a chyswllt uniongyrchol tra'n darparu gwybodaeth am weithgareddau a gwasanaethau sydd ar gael i bobl ifanc yng Nghaerdydd.

<http://thesprout.co.uk/cymraeg/>

An interactive website that encourages creativity and direct involvement while providing information on activities and services available to young people in Cardiff.

<http://www.thesprout.co.uk>

MEIC Cymru

Llinell gymorth gwybodaeth, cyngor ac eiriolaeth i blant a phobl ifanc. Yn rhad ac am ddim ac ni fydd yn ymddangos ar y bil ffôn.

<https://www.meiccymru.org/cym/>

Rhif Ffôn am ddim: 080 880 23456

Neges destun: 84001

Advocacy, information and advice helpline for children and young people. Free and won't show up on phone bill.

www.meiccymru.org

Freephone: 080 880 23456

Text: 84001

GISDA

Cynnig cymorth i bobl ifanc 14-25 oed yng Ngogledd Orllewin Cymru i wella ansawdd eu bywydau fel nad ydynt o dan anfantais oherwydd eu tlodi.

www.gisda.org

Cyfeiriad y Brif Swyddfa: 22/23 Y Maes, Caernarfon, Gwynedd, LL55 2NA

Rhif Ffôn: 01286 671153

Offer support to young people aged 14-25 in North West Wales to improve their quality of life so they aren't disadvantaged because of poverty.

www.gisda.org/eng/index.html

Address of Head Office: 22/23 Y Maes, Caernarfon, Gwynedd, LL55 2NA

Tel: 01286 671153

Comisiynydd Plant Cymru / Children's Commissioner for Wales

Hyrwyddo hawliau plant a phobl ifanc yng Nghymru. Yn cynnig cyngor a chefnogaeth rhad ac am ddim a chyfrinachol hefyd.

www.complantcymru.org.uk/

Comisiynydd Plant Cymru
Ty Ystumllwynarth, Ffordd Phoenix,
Llansamlet, Abertawe, SA7 9FS

Llinell Cyngor a Chymorth:

01792 765600

E-bost Cyngor a Chymorth:

advice@childcomwales.org.uk

Rhif rhadffon plant a phobl ifanc:

0808 801 1000

Neges destun: 80 800 gan ddechrau eich neges gyda 'COM'.

Championing the rights of children and young people in Wales. Also offers a free and confidential advice and support service.

www.childcomwales.org.uk/

Children's Commissioner for Wales
Oystermouth House, Phoenix Way,
Llansamlet, Swansea, SA7 9FS

Advice and Support line:

01792 765600

Advice and Support email:

advice@childcomwales.org.uk

Children and young people's

freephone number: 0808 801 1000

Text: 80 800 and start your message with 'COM'.

Mabwysiadu | Adoption

After Adoption

Asiantaeth mabwysiadu wirfoddol yn gweithio yn Lloegr a Chymru i gynorthwyo pawb sydd wedi eu heffeithio gan fabwysiadu.

www.afteradoption.org.uk

Rhif Ffôn: 0800 0568 578

E-bost:

information@afteradoption.org.uk

A voluntary adoption agency working in England and Wales to help all those affected by adoption.

www.afteradoption.org.uk

Tel: 0800 0568 578

Email:

information@afteradoption.org.uk

St David's Children Society

Darparu gwasanaethau mabwysiadu i bawb yng Nghymru a Swydd Henffordd. Siaradwch yn gyfrinachol ag ymarferwr mabwysiadu arbenigol.

www.adoptionwales.org

Rhif Ffôn: 029 20667007

E-bost: info@stdavidscs.org

Provides adoption services to all of Wales and Herefordshire. Talk in confidence to a specialist adoption practitioner.

www.adoptionwales.org

Tel: 029 20667007

Email: info@stdavidscs.org

TALKadoption

Gweithio gyda phobl o 7-25 oed yn Ne a Gorllewin Cymru, ac yn cynnal grwpiau yng Nghaerdydd sy'n darparu cyfleoedd i gwrdd a chymdeithasu gyda phobl eraill sydd wedi eu mabwysiadu.

www.afteradoption.org.uk/our-services/support-young-adopted-people/talkadoption-wales

Rhif Ffôn: 01267 231287 / 07807 703060

E-bost: ruthletten@afteradoption.org.uk

Works with adopted people aged 7-25 in South and West Wales, and runs groups in Cardiff which provide opportunities to meet and socialise with other adopted people.

www.afteradoption.org.uk/our-services/support-young-adopted-people/talkadoption-wales

Tel: 01267 231287 / 07807 703060

Email: ruthletten@afteradoption.org.uk

Prentisiaethau | Apprenticeships

Llywodraeth Cymru / Welsh Government

Gwefan sy'n darparu cyngor ar wneud cais am brentisiaethau i unrhyw un sydd dros 16 oed ac yn byw yng Nghymru ond nad ydynt mewn addysg amser llawn.

<http://gov.wales/topics/educationandskills/skillsandtraining/apprenticeships/?skip=1&lang=cy>

Website provides apprenticeship application advice to anyone who is over 16, living in Wales and not in full-time education.

<http://gov.wales/topics/educationandskills/skillsandtraining/apprenticeships/?lang=en>

Careers Wales

Darparu cyngor ac arweiniad ar sut i wneud cais am brentisiaeth. Os byddwch chi'n ffonio ar eich ffôn symudol, fe wnawn nhw eich ffonio nôl yn rhad ac am ddim.

www.careerswales.com/cy/

Rhif Ffôn: 0800 028 4844 / 029 2090 6800

E-bost:

www.careerswales.com/en/contact-us/email-us/

Provides advice and guidance on how to apply for an apprenticeship.

If you ring on your mobile, they will call you back for free.

www.careerswales.com

Tel: 0800 028 4844 / 029 2090 6800

Email:

www.careerswales.com/en/contact-us/email-us/

Awtistiaeth | Autism

ASD Info Wales

Y safle cenedlaethol ar gyfer Anhwylderau ar y Sbectrwm Awtistig, (ASD) wedi ei anelu at y rhai hynny sy'n gweithio gyda phlant ac oedolion sydd ag ASD.

http://www.asdinfo.wales.co.uk/home.php?page_id=1&setLanguage=4

Rhif Ffôn: 029 2046 8652

E-bost: ASDinfo@WLGA.gov.uk

The national site for Autistic Spectrum Disorders (ASD), aimed at those working with children and adults with ASD.

http://www.asdinfo.wales.co.uk/home.php?page_id=1&setLanguage=1

Tel: 029 2046 8652

Email: ASDinfo@WLGA.gov.uk

The National Autistic Society

Darparu gwybodaeth, cymorth a gwasanaethau arloesol i bobl sydd ag awtistiaeth.

<http://www.autism.org.uk/>

Tudalen Fforwm y Gymuned:

<http://community.autism.org.uk/>

Llinell Gefnogi: 0808 800 4104

Provide information, support and pioneering services for autistic people.

<http://www.autism.org.uk/>

Community Forum Page:

<http://community.autism.org.uk/>

Support Line: 0808 800 4104

Budd-daliadau | Benefits

Mae gwefan GOV.UK yn darparu gwybodaeth ac arweiniad ar ystod o fudd-daliadau.

Hawl i gael budd-dal

[Sut a phryd caiff eich budd-daliadau eu talu](#)

Budd-dal i deuluoedd (*Saesneg*)

[Childcare and the Sure Start Maternity grant](#)

Gofalwyr ac Anabledd (*Saesneg*)

[Disability Living Allowance, Carers Allowance and Employment and Support Allowance](#)

Budd-daliadau plant (*Saesneg*)

[Information about claiming and when benefits stop](#)

The GOV.UK website provides advice and guidance on a range of benefits.

Benefit entitlement

[When and how benefit payments are made](#)

Benefit for Families

[Childcare and the Sure Start Maternity grant](#)

Carers and Disability

[Disability Living Allowance, Carers Allowance and Employment and Support Allowance](#)

Child benefit

[Information about claiming and when benefits stop](#)

Budd-daliadau marwolaeth (*Saesneg*)
[Widowed Parent's Allowance, Bereavement and Funeral Payment](#)

Gwresogi a Thai (*Saesneg*)
[Winter Fuel Payment and Cold Weather Payment](#)

Lwfans Ceisio Gwaith a budd-dal Incwm Isel
[Income Support, Budgeting Loans and Pension Credit](#)

Credydau Treth (*Saesneg*)
[Working Tax Credit, Child Tax Credit and when they stop](#)

Llinell gymorth Lwfans Byw i'r Anabl
Rhif Ffôn: 0345 712 3456
Neges destun: 0345 722 4433

Llinell gymorth Lwfans Mynychu
Rhif Ffôn: 0345 605 6055
Neges destun: 0345 604 5312

Death benefits
[Widowed Parent's Allowance, Bereavement and Funeral Payment](#)

Heating & Housing
[Winter Fuel Payment and Cold Weather Payment](#)

Jobseeker's Allowance and Low Income benefit
[Income Support, Budgeting Loans and Pension Credit](#)

Tax Credits
[Working Tax Credit, Child Tax Credit and when they stop](#)

Disability Living Allowance helpline
Tel: 0345 712 3456
Text: 0345 722 4433

Attendance Allowance helpline
Tel: 0345 605 6055
Text: 0345 604 5312

Profedigaeth | Bereavement

Bereavement Advice Centre

Gwefan a llinell gymorth sy'n cynnig gwybodaeth a chyngor ymarferol ar faterion sy'n codi ar ôl marwolaeth rhywun agos.

www.bereavementadvice.org

Rhif Ffôn: 0800 634 9494

Website and helpline which offer practical information and advice on the issues that arise after the death of someone close.

www.bereavementadvice.org

Tel: 0800 634 9494

Cruse Bereavement Care

Cynnig cwnsela, cefnogaeth, cymorth a chyngor i'r rhai sydd wedi cael profedigaeth.

www.cruse.org.uk

<http://www.cruse.org.uk/wales>

Rhif Ffôn: 0808 808 1677

Offer counselling, support, help and advice to the bereaved.

www.cruse.org.uk

<http://www.cruse.org.uk/wales>

Tel: 0808 808 1677

Gingerbread (Single parents)

See Parenting

Hope Again

Gwefan profedigaeth i bobl ifanc, yn darparu cefnogaeth ar ôl marwolaeth rhywun agos.

hopeagain.org.uk

Rhif Ffôn: 0808 808 1677

Dydd Llun - Dydd Gwener 9.30y.b-5y.p

E-bost: hopeagain@cruse.org.uk

A bereavement website for young people, providing support after the death of someone close.

hopeagain.org.uk

Tel: 0808 808 1677

Monday - Friday 9.30am-5pm

Email: hopeagain@cruse.org.uk

Bwlio mewn amgylchedd dysgu | Bullying in the learning environment

Oedolion

Os ydych, fel oedolyn sy'n dysgu, yn profi neu'n dyst i ymddygiad sy'n sarhaus neu'n fygythiol, dylech adrodd am ddiwyddiadau o'r fath i'ch tiwtor fel y gellir ymdrin â'r mater yn gynnar.

Os hoffech drafod unrhyw fater yn gyfrinachol, ffoniwch ein Prif Swyddfa ar 02920 235277 a gofynnwch i gael siarad gydag aelod o'n tîm gwasanaethau dysgwyr neu anfonwch e-bost at: LearnerServices@addysgoedolion.cymru

Plant

Dylid codi achosion o fwlio sy'n cynnwys plant ar lefel leol yn gyntaf bob tro. Gellid cyfeirio digwyddiadau bwlio yn yr ysgol at yr Awdurdod Lleol os nad yw'r ysgol yn datrys y sefyllfa yn foddhaol.

Adults

If as an adult learner you experience or witness behaviour that is offensive or threatening, you should report such incidents to your tutor so that it can be dealt with early on.

If you would like to discuss any matter confidentially please call our Head Office on 02920 235277 and ask to talk to a member of our learner services team or email: LearnerServices@adultlearning.wales

Children

Cases of bullying involving school children should always be raised at a local level in the first instance. Incidents of school based bullying can be referred to the Local Authority if the school does not resolve the situation satisfactorily.

Cardiff Against Bullying

Darparu cymorth a chefnogaeth i unrhyw un sydd wedi ei effeithio gan fwlio.

E-bost: CAB@Cardiff.gov.uk

Provides help and support for anyone affected by bullying.

Email: CAB@Cardiff.gov.uk

Bullying UK

Darparu cefnogaeth a chyingor ar-lein gan dîm arbenigol i bob aelod o'r teulu.

www.bullying.co.uk

Rhif Ffôn: 0808 800 2222

Provides live online support and advice from an expert team to all members of the family.

www.bullying.co.uk

Tel: 0808 800 2222

Bullies Out

Darparu cymorth, cefnogaeth a gwybodaeth i'r rheini sydd wedi eu heffeithio gan fwlio.

www.bulliesout.com

Rhif Ffôn: 02920 492 169 (Swyddfa'n unig, nid llinell gymorth)

Pe byddai'n well gennych siarad gyda rhywun dros y ffôn, gallwch ffonio

Childline ar: 0800 1111

Provide help, support and information to those affected by bullying.

www.bulliesout.com

Tel: 02920 492 169 (Office only, not a helpline)

If you would prefer to speak to someone over the phone, you can call Childline on: 0800 1111

NSPCC

Darparu cyngor i ddioddefwyr a rhieni plant sy'n profi bwlio dros y we.

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

<https://www.nspcc.org.uk/fighting-for-childhood/what-we-stand-for/wales>

E-bost: help@nspcc.org.uk

Hefyd yn darparu SignVideo gan ddefnyddio Iaith Arwyddion Prydain

Provides advice for victims and parents of children experiencing Cyberbullying.

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

<https://www.nspcc.org.uk/fighting-for-childhood/what-we-stand-for/wales>

Email: help@nspcc.org.uk

Also provides SignVideo using British Sign Language.



Yn poeni am blentyn? Ffoniwch: 0808 800 5000 (24/7)

Worried about a child? Call: 0808 800 5000 (24/7)

Cyngor ar Fwlio yn y gweithle gan www.gov.uk ar gyfer oedolion sy'n profi bwlio yn y gweithle.

Nid yw bwlio ei hunan yn erbyn y gyfraith, ond mae aflonyddu yn erbyn y gyfraith.

ACAS

Gwasanaeth Cyngori, Cymodi a chyflafareddu. Darparu llinell gymorth. Gwasanaeth cyfnewid testun ar gael i gwsmeriaid sydd â nam ar eu clyw neu eu lleferydd.

www.acas.org.uk

Rhif Ffôn: 0300 123 1100

Ffôn testun: 18001 0300 123 1100

Dogfennau cyngor gwrth fwlio ar gael gan Lywodraeth Cymru

Parchu eraill: canllawiau gwrth-fwlio:

<http://gov.wales/topics/educationandskills/publications/circulars/antibullying/?sessionid=0AC919B380A9C81C97B8E999537CE998?skip=1&lang=cy>

Taflenni gwrth fwlio i rieni a phlant:

<http://gov.wales/topics/educationandskills/schoolshome/wellbeing/antibullying/are-you-being-bullied/?skip=1&lang=cy>

<http://gov.wales/topics/educationandskills/schoolshome/parents/is-your-child-being-bullied/?skip=1&lang=cy>

Workplace bullying advice from www.gov.uk for adults experiencing work place bullying.

Bullying itself isn't against the law, but harassment is.

Advisory, Conciliation and Arbitration Service. Provide an advice helpline. Text relay service available for customers with a hearing or speech impairment.

www.acas.org.uk

Tel: 0300 123 1100

Textphone: 18001 0300 123 1100

Anti-bullying advice documents available from Welsh Government

Respecting others anti-bullying guidance:

<http://gov.wales/topics/educationandskills/publications/circulars/antibullying/%3b%3bsessionid=0AC919B380A9C81C97B8E999537CE998?lang=en>

Anti-bullying leaflets for parents and children:

<http://gov.wales/topics/educationandskills/schoolshome/wellbeing/antibullying/are-you-being-bullied/?lang=en>

<http://gov.wales/topics/educationandskills/schoolshome/parents/is-your-child-being-bullied/?lang=en>

Byddardod | Deafness

British Deaf Association

Yn sefyll dros gydraddoldeb, mynediad a rhyddid dewis i bobl fyddar.

www.bda.org.uk

Rhif Ffôn: 02076 974140

Neges destun: 07795 410 724

Galwad Fideo: ooVoo / Skype:

bda.britdeafassoc

E-bost: bda@bda.org.uk

Stand for equality, access and freedom of choice for deaf people.

www.bda.org.uk

Tel: 02076 974140

Text: 07795 410 724

Videocall: ooVoo / Skype:

bda.britdeafassoc

Email: bda@bda.org.uk

NDCS (National Deaf Children's Society)

Darparu rhwydwaith o gefnogaeth i rieni sydd â phlant byddar ledled Cymru.

www.ndcs.org.uk

Rhif Ffôn: 0808 800 8880

Provide a network of support for parents with deaf children throughout Wales.

www.ndcs.org.uk

Tel: 0808 800 8880

North Wales Deaf Association

Cefnogi pobl fyddar, clustfyddar, trwm eu clyw a dall a byddar ledled Gogledd Cymru, a'u teulu, ffrindiau, gofalwyr a chydweithwyr.

www.deafassociation.btck.co.uk

Rhif Ffôn: 01492 530013

Neges destun: 07719 410355

E-bost: info@deafassociation.co.uk

Supports all deaf, deafened, hard of hearing and deafblind people across North Wales, and their family, friends, carers and colleagues.

www.deafassociation.btck.co.uk

Tel: 01492 530013

Text: 07719 410355

Email: info@deafassociation.co.uk

CSeeker

Gwasanaeth archebu i bobl fyddar a thrwm eu clyw neu eu gofalwyr i ddod o hyd i bobl broffesiynol gwasanaeth iaith.

www.cseeker.co.uk

Neges destun: 07988 050 863

E-bost: bookings@cseeker.co.uk

Skype: cseekerbookings

Booking service for deaf and hard of hearing people or their carers to find appropriate language service professionals.

www.cseeker.co.uk

Text: 07988 050 863

Email: bookings@cseeker.co.uk

Skype: cseekerbookings

Trais yn y Cartref | Domestic Violence

Live Fear Free (formerly All Wales Domestic Abuse and Sexual Violence Helpline)

Cefnogaeth i'r rhai hynny sy'n profi - neu sydd wedi profi - cam-drin yn y cartref neu gam-drin rhywiol, neu sy'n poeni am ffrind neu berthynas sy'n profi cam-drin yn y cartref neu drais rhywiol.

24 awr y dydd, 7 diwrnod yr wythnos.

<http://livefearfree.gov.wales/?skip=1&lang=cy>

Rhif Ffôn: 0808 80 10 800

E-bost: info@livefearfreehelpline.wales

Support for those who are experiencing – or have experienced- domestic abuse or sexual violence, or are worried about a friend or relative who is experiencing domestic abuse or sexual violence.

24 hours a day, 7 days a week.

<http://livefearfree.gov.wales/?lang=en>

Tel: 0808 80 10 800

Email: info@livefearfreehelpline.wales

Deialwch 999 bob tro mewn argyfwng

Always dial 999 in an emergency

Cam-drin yn y cartref - Merched | Domestic abuse - Women

Black Association of Women Step Out (BAWSO)

Darparu cefnogaeth arbenigol i gymunedau Ethnig Du a Lleiafrifol, a hefyd i bobl sydd wedi eu masnachu a'r rhai hynny sy'n profi neu dan fygythiad o briodas orfodol a Llurguniad Genitalia Benywaidd.

www.bawso.org.uk

Cyfeiriad: Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB

Rhif Ffôn: Caerdydd - 02920 644 633

Casnewydd - 01633 213213

Llinell Gymorth 24 awr: 0800 731 8147

E-bost: info@bawso.org.uk

Provides specialist support to Black and Minority Ethnic (BME) communities, and also to people who have been trafficked and those experiencing or at risk of forced marriage and Female Genital Mutilation.

www.bawso.org.uk

Address: Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB

Tel: Cardiff - 02920 644 633

Newport - 01633 213213

24Hr Helpline: 0800 731 8147

Email: info@bawso.org.uk

Women's Aid Cardiff

Darparu cefnogaeth i unrhyw un sydd wedi eu heffeithio gan drais yn y cartref.

www.cardiffwomensaid.org.uk

16 Moira Terrace, Adamsdown
Caerdydd, CF24 OEJ

Rhif Ffôn: 02920 460 566

Provides support for anyone affected by domestic violence.

www.cardiffwomensaid.org.uk

16 Moira Terrace, Adamsdown
Cardiff, CF24 OEJ

Tel: 02920 460 566

Atal Y Fro (Formerly Vale of Glamorgan Women's Aid)

Darparu cefnogaeth i ferched a phlant o fewn Bro Morgannwg sydd wedi profi, neu sydd yn profi, Trais yn y Cartref.

<https://atalyfro.wordpress.com/>

Rhif Ffôn: 01446 744755

Provide support for women and children within the Vale of Glamorgan who have experienced, or are experiencing Domestic Violence.

<https://atalyfro.wordpress.com/>

Tel: 01446 744755

Welsh Women's Aid

Darparu gwasanaethau i ferched a phlant sydd wedi profi neu sydd yn profi trais yn y cartref.

www.welshwomensaid.org.uk/cy/

Rhif Ffôn: 0808 80 10 800

E-bost: info@livefearfreehelpline.wales

Provides services for women and children who have experienced or are experiencing domestic abuse.

www.welshwomensaid.org.uk

Tel: 0808 80 10 800

Email: info@livefearfreehelpline.wales



**Deialwch 999 bob tro
mewn argyfwng**

**Always dial 999 in an
emergency**

Trais yn y cartref - Dynion | Domestic abuse - Men

The Dyn Project

Darparu cefnogaeth gyfrinachol, heb fod yn feirniadol, i ddynion sy'n profi trais yn y cartref gan bartner.

<http://www.dynwales.org>

Rhif Ffôn: 0808 801 0321

Mae pob galwad i'r llinell hon yn rhad ac am ddim ac yn gyfrinachol.

E-bost: support@dynwales.org

Provides confidential, non-judgemental support to men experiencing domestic abuse from a partner.

<http://www.dynwales.org>

Tel: 0808 801 0321

All calls to this line are free & confidential.

Email: support@dynwales.org

Men's Advice Line

Llinell gymorth gyfrinachol i ddynion sy'n profi trais yn y cartref.

www.mensadvice.org.uk

Rhif Ffôn am ddim: 0808 801 0327

E-bost: info@mensadvice.org.uk

Confidential helpline for men experiencing domestic violence.

www.mensadvice.org.uk

Freephone: 0808 801 0327

Email: info@mensadvice.org.uk

Galop (formerly Broken Rainbow)

Yn cynnig llinell gymorth gyfrinachol ar gyfer trais yn y cartref i bobl Lesbiaidd, Hoyw, Deurywiol a Thraws gan bobl Lesbiaidd, Hoyw, Deurywiol a Thraws sydd wedi eu hyfforddi.

www.galop.org.uk

Rhif Ffôn: 0800 999 5428

E-bost: help@galop.org.uk

Offers a confidential LGBT domestic abuse helpline run by trained LGBT people.

www.galop.org.uk

Tel: 0800 999 5428

Email: help@galop.org.uk

Respect Phonenumber

Llinell gymorth gyfrinachol yn cynnig cyngor, gwybodaeth a chefnogaeth i'ch rhwystro rhag bod yn dreisgar tuag at eich partner.

www.respectphonenumber.org.uk

Rhif Ffôn am ddim: 0808 8024040

E-bost: info@respectphonenumber.org.uk

Confidential helpline offering advice, information and support to stop you being violent and abusive to your partner.

www.respectphonenumber.org.uk

Freephone: 0808 8024040

Email: info@respectphonenumber.org.uk

The Hideout

Wedi ei greu i helpu plant a phobl ifanc i ddeall trais yn y cartref a sut i weithredu'n bositif os yw'n digwydd iddyn nhw.

www.thehideout.org.uk

Created to help children and young people understand domestic abuse and how to take positive action if it is happening to them.

www.thehideout.org.uk



**Deialwch 999 bob tro
mewn argyfwng**

**Always dial 999 in an
emergency**

Anhwylderau Bwyta | Eating Disorders

BEAT

Darparu gwybodaeth, cefnogaeth a chymorth ledled y DU i bobl sydd wedi eu heffeithio gan anhwylderau bwyta.

www.b-eat.co.uk

Rhif Ffôn: 0345 634 1414

E-bost: help@b-eat.co.uk

Rhif Ffôn (pobl ifanc): 0345 634 7650

E-bost (pobl ifanc): fyp@b-eat.co.uk

Provides information, support and help across the UK to people affected by eating disorders.

www.b-eat.co.uk

Tel: 0345 634 1414

Email: help@b-eat.co.uk

Tel (young people): 0345 634 7650

Email (young people): fyp@b-eat.co.uk

Cydraddoldeb | Equality

Diverse Cymru

Darparu gwasanaethau sy'n hyrwyddo cydraddoldeb a byw'n annibynnol.

<https://www.diversesecymru.org.uk/cy/>

Rhif Ffôn: 02920 368888

E-bost: info@diverse.cymru

Provides services that promote equality and independent living.

www.diversesecymru.org.uk

Tel: 02920 368888

Email: info@diverse.cymru

Race Council Cymru (RCC)

Dod â sefydliadau allweddol ynghyd i weithio tuag at ddileu gwahaniaethu hiliol ac i hyrwyddo cyfle cyfartal a chysylltiadau hiliol.

www.racecouncilcymru.org.uk

Rhif Ffôn: [07872059085](tel:07872059085) ; [07838360979](tel:07838360979)

E-bost: info@racecouncilcymru.org.uk

Brings together key organisations to work towards the elimination of racial discrimination and the promotion of equality of opportunity and race relations.

www.racecouncilcymru.org.uk

Tel: [07872059085](tel:07872059085) ; [07838360979](tel:07838360979)

Email: info@racecouncilcymru.org.uk

Anawsterau Perthnasoedd Teuluol | Family Relationship Difficulties

Counselling Directory

Darparu gwasanaeth i gysylltu pobl sydd wedi eu heffeithio gan achosion o gam-drin, iselder neu broblemau â pherthynas gyda chefnogaeth broffesiynol.

www.counselling-directory.org.uk

Provides a service to connect people affected by cases of abuse, depression or relationship issues, to professional support.

www.counselling-directory.org.uk

National Family Mediation

Darparu cefnogaeth i bobl sy'n mynd trwy'r profiad o wahanu, ysgaru neu eisiau cyfathrebu â chynbartner a'u plant.

www.nfm.org.uk

Provides support for people going through a separation, divorce, or wanting to maintain communication with an ex-partner and their children.

www.nfm.org.uk

Relate

Darparu ystod o wasanaethau i gynorthwyo gyda pherthnasoedd rhwng cyplau a theuluoedd.

www.relate.org.uk

Rhif Ffôn: 0300 100 1234

Provides a range of services to help with couples' and families' relationships.

www.relate.org.uk

Tel: 0300 100 1234

Llamau

Darparu cyngor tai a chyfryngu teuluol. Gweithio gyda phobl ifanc ddigartref a merched sy'n agored i niwed yng Nghymru.

www.llamau.org.uk

Cyfeiriad y Brif Swyddfa:

23 Cathedral Road, Cardiff, CF11 9HA

Rhif Ffôn: 029 2023 9585

Vale of Glamorgan

Cyfeiriad: 236 Holton Road, Barry CF63 4HS

Rhif Ffôn: 01446 748852

Provides housing advice and family mediation. Works with homeless young people and vulnerable women in Wales.

www.llamau.org.uk

Address of Head Office :

23 Cathedral Road, Cardiff, CF11 9HA

Tel: 029 2023 9585

Vale of Glamorgan

Address: 236 Holton Road, Barry CF63 4HS

Tel: 01446 748852

Banc Bwyd | Foodbanks

The Trussell Trust (U.K)

www.trusselltrust.org/get-help/find-a-foodbank

Rhif Ffôn: 01722 580180

E-bost: enquiries@trusselltrust.org

www.trusselltrust.org/get-help/find-a-foodbank

Tel: 01722 580180

Email: enquiries@trusselltrust.org

Arian i Unigolion | Funding for Individuals

The Prince's Trust

Cefnogi pobl o 13-30 oed sydd allan o waith, a'r rhai hynny sy'n cael trafferth yn yr ysgol ac mewn perygl o gael eu gwahardd.

www.princes-trust.org.uk [Funding for individuals](#)

Rhif Ffôn: 0800 842 842

Neges destun: text "Call me" to 07983 385418, and we will return your call within 24 hours.

Cyfeiriad: Prince's Trust House, 9 Eldon Street, London, EC2M 7LS

Supports 13-30 year olds who are unemployed, and those struggling at school and at risk of exclusion.

www.princes-trust.org.uk [Funding for individuals](#)

Tel: 0800 842 842

Text: text "Call me" to 07983 385418, and we will return your call within 24 hours.

Address: Prince's Trust House, 9 Eldon Street, London, EC2M 7LS

NUS Cymru

Erthygl ar-lein yn amlinellu pa gyllid sydd ar gael yng Nghymru.
(Cyhoeddwyd yn 2013).

www.nus.org.uk/en/advice/money-and-funding/what-further-education-funding-is-available-in-wales/

Online article outlining what funding is available in Wales.

(Published 2013).

www.nus.org.uk/en/advice/money-and-funding/what-further-education-funding-is-available-in-wales/

Student Finance Wales

Os ydych yn bwriadu astudio ar un o'n cyrsiau lefel uwch, neu os ydych yn meddwl am wneud cais am le mewn coleg neu brifysgol, efallai byddwch yn gymwys i ymgeisio am gyllid gan Gyllid Myfyrwyr Cymru.

www.cyllidmyfyrwycymru.co.uk

Rhif Ffôn: 0300 200 4050

If you intend to study one of our higher level courses or you are thinking of applying to college or university you may be eligible to apply for funding from Student Finance Wales.

www.studentfinancewales.co.uk

Tel: 0300 200 4050

Llinellau Cymorth | Helplines

Samaritans

Cefnogaeth llinell ffôn 24 awr, e-bost, llythyr ac wyneb yn wyneb i bobl sy'n dioddef anhawster emosiynol.

www.samaritans.org

<http://www.samaritans.org/your-community/samaritans-yng-nghymru>

Cyfeiriad: 75 Cowbridge Road East, Canton, Cardiff, CF11 9AF

Llinell Gymorth: 116 123

Iaith Gymraeg: 0808 164 0123 (O 7y.p i 11y.p yn unig, 7 diwrnod yr wythnos)

Llinell Gymorth Caerdydd:

02920 344 022

Neges destun: Drwy lawrlwytho ap Next Generation Text (NGT).

E-bost: jo@samaritans.org

24-hour phone line, email, letter and face-to-face support for people in emotional difficulty.

www.samaritans.org

<http://www.samaritans.org/your-community/samaritans-ireland-scotland-and-wales/samaritans-work-wales>

Address: 75 Cowbridge Road East, Canton, Cardiff, CF11 9AF

National Helpline: 116 123

Welsh Language Line: 0808 164 0123 (from 7pm - 11pm only, 7 days a week)

Local Helpline for Cardiff:

02920 344 022

Text: By downloading the Next Generation Text (NGT) service app.

Email: jo@samaritans.org

Ysgrifennu at Samariad

Os ydych yn ei chael hi'n anodd siarad am eich problemau ac yn fwy cyffyrddus yn ysgrifennu pethau, beth am ysgrifennu atom? Ein cyfeiriad yw:

Freepost RSRB-KKBY-CYJK
Chris
PO Box 9090
STIRLING FK8 2SA

Writing to Samaritan

If you find it difficult to talk about your problems and are more comfortable writing things down, why not drop us a line? Our address is:

Freepost RSRB-KKBY-CYJK
Chris
PO Box 9090
STIRLING FK8 2SA

Lesbian, Gay, Bisexual Helpline

Gwasanaeth rhad ac am ddim i bobl Lesbiaidd, Hoyw, Deurywiol a Thraws yng Nghymru i wrthbwysu teimladau o ynysu cymdeithasol a chryfhau cysylltiadau rhwng cymunedau bobl Lesbiaidd, Hoyw, Deurywiol a Thraws.

www.lgbtcymruhelpline.org.uk

Cyfeiriad: LGBT Cymru Helpline
C/o 92 Corporation Avenue
Llanelli, SA15 3SR

Rhif Ffôn: 0800 840 2069

(7– 9y.p Dydd Llun ac Dydd Mercher gyda peiriant ateb)

E-bost: line@lgbtcymruhelpline.org.uk

A free service for LGBT people in Wales to counteract feelings of individual social isolation and strengthen connections between LGBT communities.

www.lgbtcymruhelpline.org.uk

Address: LGBT Cymru Helpline
C/o 92 Corporation Avenue
Llanelli, SA15 3SR

Rhif Ffôn / Tel: 0800 840 2069

(7– 9pm Monday & Wednesday with answerphone facility)

Email: line@lgbtcymruhelpline.org.uk

Tenovus Cancer Care

Darparu cefnogaeth i'r rhai hynny sy'n dioddef o ganser a'u teuluoedd.

<http://www.tenovuscancercare.org.uk/tenovus/cymraeg/>

E-bost: info@tenovuscancercare.org.uk

Llinell Cefnogaeth: 0808 808 1010

Provides support for those suffering with cancer, and their families.

www.tenovuscancercare.org.uk

Email: info@tenovuscancercare.org.uk

Support Helpline: 0808 808 1010

Tai | Housing

Llamau

Darparu cyngor tai a chyfryngu teuluol. Gweithio gyda phobl ifanc ddigartref a merched sy'n agored i niwed yng Nghymru.

www.llamau.org.uk

Cyfeiriad y Brif Swyddfa:

23 Cathedral Road, Cardiff, CF11 9HA

Rhif Ffôn: 029 2023 9585

Provides housing advice and family mediation. Works with homeless young people and vulnerable women in Wales.

www.llamau.org.uk

Address of Head Office :

23 Cathedral Road, Cardiff, CF11 9HA

Tel: 029 2023 9585

The Basement @ 53 (formerly Housing Options Project)

I bobl ifanc 16-21 oed.

Cyfeiriad: The Basement @ 53 Charles Street Cardiff CF10 2GD

Rhif Ffôn: 029 2087 3570

E-bost: thebasement@llamau.org.uk

For young people aged 16-21.

Address: The Basement @ 53 Charles Street Cardiff CF10 2GD

Tel: 029 2087 3570

Email: thebasement@llamau.org.uk

JIGSO@236

Darparu hawliau tai a lles i bobl ifanc o 16-25 sydd angen tai.

Rhif Ffôn: 01446 748852

E-bost: jigso@llamau.org.uk

Cyfeiriad: JIGSO@236 Holton Road, Barry, Vale of Glamorgan CF63 4HS

Provides housing and welfare rights advice for young people aged 16-25 in housing need.

Tel: 01446 748852

Email: jigso@llamau.org.uk

Address: JIGSO@236 Holton Road, Barry, Vale of Glamorgan CF63 4HS

Shelter Cymru

Cyngor annibynnol ar dai.

<http://sheltercymru.org.uk/cy/>

Llinell Gymorth: 0345 075 5005

Dydd Llun - Dydd Gwener 9.30yb-4.00yp

Independent housing advice.

www.sheltercymru.org.uk

Helpline: 0345 075 5005

Monday - Friday 9.30am-4.00pm

Cymdeithasau Tai | Housing Associations

Charter Housing Association

Cyfeiriad: Exchange House, The Old Post Office, High St, Newport ,NP20 1AA
Rhif Ffôn: 01633 212375

Address: Exchange House, The Old Post Office, High St, Newport ,NP20 1AA
Tel: 01633 212375

Family Housing Association (Wales) Ltd

Cyfeiriad: 43 Walter Road, Swansea, SA1 5PN
Rhif Ffôn: 01792 460192
E-bost: info@fha-wales.com

Address: 43 Walter Road, Swansea, SA1 5PN
Tel: 01792 460192
Email: info@fha-wales.com

Mid Wales Housing Association Ltd

Cyfeiriad: Ty Canol House, Ffordd Croesawdy, Newtown, SY16 1AL
Rhif Ffôn: 0300 111 3030
Dydd Llun - Dydd Gwener 9yb-5yp
Cyswllt Argyfwng Tu Allan i Oriau: 0300 111 3030
E-bost: info@mid-walesha.co.uk

Address: Ty Canol House, Ffordd Croesawdy, Newtown, SY16 1AL
Tel: 0300 111 3030
Monday - Friday 9am-5pm
Emergency out of Hours Tel: 0300 111 3030
Email: info@mid-walesha.co.uk

North Wales Housing - Bangor Office

Cyfeiriad: 30 Dean Street, Bangor, Gwynedd LL57 1UR,
Rhif Ffôn: 01248 370227

Address: 30 Dean Street, Bangor, Gwynedd LL57 1UR,
Tel: 01248 370227

Taff Housing Association

Cyfeiriad: Alexandra House/307-315 Cowbridge Rd East, Cardiff CF5 1JD
Rhif Ffôn : 029 2025 9100 / 0800 121 6064

Address: Alexandra House/307-315 Cowbridge Rd East, Cardiff CF5 1JD
Tel: 029 2025 9100 / 0800 121 6064

United Welsh

Y Borth, 13 Beddau Way, Caerphilly, CF83 2AX
Rhif Ffôn: 029 2085 8100 / 0800 294 0195
(Opsw 2 = Taliadau, Option 3 = Ymholiad cyffredinol)
E-bost: tellmemore@unitedwelsh.com

Y Borth, 13 Beddau Way, Caerphilly, CF83 2AX
Tel: 029 2085 8100 / 0800 294 0195
(Option 2 = Payments, Option 3 = General enquiry)
Email: tellmemore@unitedwelsh.com

Wales & West Housing Association Ltd

Prif Swyddfa

Cyfeiriad: Archway House, 77 Parc Ty Glas, Llanishen, Cardiff CF14 5DU

Rhif Ffôn: 0800 052 2526

E-bost: contactus@wwha.co.uk

Swyddfa Gorllewin Cymru

Cwrt y Llan, Church Lane, Castell Newydd Emlyn, SA38 9AB

Swyddfa Gogledd Cymru

Tŷ Draig, Parc Dewi Sant, Ewloe Glannau Dyfrdwy, CH5 3DT

Head Office

Address: Archway House, 77 Parc Ty Glas, Llanishen, Cardiff CF14 5DU

Tel: 0800 052 2526

Email: contactus@wwha.co.uk

West Wales Office

Cwrt y Llan, Church Lane, Newcastle Emlyn, SA38 9AB

North Wales Office

Tŷ Draig, Parc Dewi Sant, Ewloe Glannau Dyfrdwy, CH5 3DT

Diogelwch ar y We | Internet Safety

Cyngor i rieni ynglŷn â sut i wneud y we yn fwy diogel i'r teulu i gyd

Advice for parents on how to make the internet safer for all the family.

UK Safer Internet Centre

Darparu llinell gymorth i bobl broffesiynol sy'n gweithio gyda phlant a phobl ifanc yn y DU ar broblemau diogelwch ar lein.

<https://www.saferinternet.org.uk/>

Rhif Ffôn: 0844 381 4772 / 0844 800 2382

E-bost: helpline@saferinternet.org.uk / enquiries@saferinternet.org.uk

Provides a helpline for professionals working with children and young people in the UK with online safety issues.

<https://www.saferinternet.org.uk/>

Tel: 0844 381 4772 / 0844 800 2382

Email: helpline@saferinternet.org.uk / enquiries@saferinternet.org.uk

Childnet international

Sefydliad dielw yn gweithio i gynorthwyo i wneud y we yn lle da a diogel i blant.

www.childnet.com

Rhif Ffôn: +44 (0)20 7639 6967

E-bost: info@childnet.com

Non-profit organisation working to help make the internet a great and safe place for children. www.childnet.com

Phone: +44 (0)20 7639 6967

Email: info@childnet.com

NSPCC

Darparu cyngor ac offer i helpu i gadw plant yn ddiogel ar-lein.

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety

Provides advice and tools to help keep children safe online.

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety

Anabledau ac Anawsterau Dysgu | Learning Disabilities and Difficulties

Advocacy Matters Wales

Elusen yn Ne Cymru sy'n helpu oedolion sydd ag anabledd dysgu neu syndrom Asperger i ddweud eu dweud.

www.advocacymatterswales.co.uk

South Wales based charity helping adults with a learning disability or Asperger syndrome to have a say.

www.advocacymatterswales.co.uk

Rhif Ffôn: 029 20 233733 9yb – 5yp

Dydd Llun - Dydd Gwener

E-bost: info@advocacymatterswales.co.uk

Tel: 029 20 233733 9am – 5pm

Monday to Friday

Email: info@advocacymatterswales.co.uk

Cardiff Dyslexia Action Cymru

Cynnig hyfforddiant, cyngor, a sesiadau seicolegol a thiwora arbenigol amsynhwyraidd i blant ac oedolion.

www.dyslexiaaction.org.uk

Offers training, advice, psychological assessments and specialist multisensory tuition for children and adults.

www.dyslexiaaction.org.uk

Cyfeiriad: 14-18 City Rd, Cardiff, CF24 3DL

Rhif Ffôn: 02920 481122

E-bost: cardiff@dyslexiaaction.org.uk

Address: 14-18 City Rd, Cardiff, CF24 3DL

Tel: 02920 481122

Email: cardiff@dyslexiaaction.org.uk

SNAP Cymru

Prosiect Cyngori Anghenion Arbennig. Darparu cyngor annibynnol i deuluoedd sydd â phlant anabl.

www.snapcymru.org

Rhif Ffôn: 02920 348 990

Llinell Gymorth: 0845 120 3730

Llinell gymorth ffôn symudol:

0345 120 3730

Special Needs Advisory Project.

Provides independent advice for families with disabled children.

www.snapcymru.org

Tel: 02920 348 990

Helpline: 0845 120 3730

Helpline from a mobile:

0345 120 3730

Where you stand

Darparu gwybodaeth i rieni, gofalwyr, plant anabl ac oedolion sydd ag anawsterau dysgu yng Nghaerdydd a Bro Morgannwg.

www.whereyoustand.org

Provides information for parents, carers, disabled children and adults with learning difficulties in Cardiff and the Vale of Glamorgan.

www.whereyoustand.org

Cyngor Cyfreithiol | Legal Advice

Citizens Advice

Darparu cyngor ar bwy all helpu gyda chostau cyfreithiol.

<https://www.citizensadvice.org.uk/cymraeg/>

Provides advice on who can help with legal costs.

<https://www.citizensadvice.org.uk/wales/>

Llinell Gymorth: 0345 345 4345

Galw yn ôl: Gallwch decstio 'cymorth cyfreithiol' a'ch enw i 80010 a bydd ymgynghorydd yn ei eich galw yn ôl o fewn 24 awr.

Helpline: 0345 345 4345

Call back: You can text 'legalaid' and your name to 80010 and an adviser will call you back within 24 hours.

LawWorks

Darparu cyngor cyfreithiol yn rhad ac am ddim.

www.lawworks.org.uk/clinics

Provides free legal advice.

www.lawworks.org.uk/clinics

Iechyd Meddwl | Mental Health

Bipolar UK

Cefnogi unigolion sy'n dioddef o gyflwr bipolar yn ogystal â'u teuluoedd a'u gofalwyr.

www.bipolaruk.org

Rhif Ffôn : 0333 323 3880

9y.b. – 5y.p. Dydd Ilun – Dydd Gwener

E-bost: info@bipolaruk.org

Supports individuals with the condition of bipolar, as well as their families and carers.

www.bipolaruk.org

Tel: 0333 323 3880

9am - 5pm Monday to Friday

Email: info@bipolaruk.org

C.A.L.L

Llinell Gymorth a Gwrandio Gymunedol.
Llinell gymorth iechyd meddwl i Gymru ar gyfer unrhyw un sy'n poeni am eu hiechyd meddwl eu hunain neu iechyd perthynas neu gyfaill.

www.callhelpline.org.uk

Llinell Gymorth: 0800 132 737

Neges destun: 'help' yna'r manylion yr ydych eu hangen I 81066 (Byddant yn ymateb o fewn 12 awr)

Community Advice and Listening Line.
A mental health helpline for Wales, for anyone concerned about their own mental health or that of a relative or friend.

www.callhelpline.org.uk

Helpline: 0800 132 737

Text: 'help' followed by the details you require to 81066 (There is a 12 hour window on response time)

Gofal

Darparu ystod o wasanaethau i bobl sydd â phroblemau iechyd meddwl.

www.gofal.org.uk

Rhif Ffôn: 01656 647722

E-bost: enquiries@gofal.org.uk

Provides a range of services to people with mental health problems.

www.gofal.org.uk

Tel: 01656 647722

Email: enquiries@gofal.org.uk

Mind

Darparu cymorth, cyngor a chefnogaeth i roi grym i unrhyw un sy'n dioddef problem iechyd meddwl.

www.mind.org.uk

Llinell Wybodaeth: 0300 123 3393

Neges destun: 86463

E-bost: info@mind.org.uk

Provides help, advice and support to empower anyone experiencing a mental health problem.

www.mind.org.uk

Info Line: 0300 123 3393

Text: 86463

Email: info@mind.org.uk

NO PANIC

Darparu gwybodaeth a chyngor i ofalwyr a phobl sy'n dioddef o Banic, Gorbryder, Ffobia, Anhwylder Gorfodaeth Obsesiynol ac effaith dod oddi ar Dawelyddion.

www.nopanic.org.uk

Llinell gymorth gyfrinachol:

0844 967 4848 (10y.b. - 10y.p. Pob dydd)

Rhif Argyfwng: 01952 680 835

Provides information and advice to carers and people with Panic, Anxiety, Phobias, Obsessive Compulsive Disorders and the effects of Tranquiliser withdrawal.

www.nopanic.org.uk

Confidential helpline:

0844 967 4848 (10am - 10pm every day)

Crisis Number: 01952 680 835

Llinell Gymorth 13-20 oed:

0330 606 1174

Dydd Llun - Dydd Gwener, 3y.p.- 6y.p

Helpline 13-20 year olds:

0330 606 1174

Mon – Fri, 3pm-6pm

Young Minds

Gweithio i wella lles emosiynol a meddyliol plant a phobl ifanc.

www.youngminds.org.uk**Rhif Ffôn:** 0207 089 5050**Llinell Gymorth i Rieni:** 0808 802 5544**E-bost:** ymentquiries@youngminds.org.uk

Works to improve the emotional wellbeing and mental health of children and young people.

www.youngminds.org.uk**Tel:** 0207 089 5050**Parents' helpline:** 0808 802 5544**Email:** ymentquiries@youngminds.org.uk**Welsh Dementia Helpline**

Sy'n cynnig cefnogaeth, gwybodaeth a chyfeirio at unrhyw un sy'n byw gyda dementia neu'n gofalu am aelod o'r teulu neu gyfaill gyda dementia.

www.dementiahelpline.org.uk**Rhif Ffôn:** 0808 808 2235

Offers support, information and signposting for anyone who is living with dementia or caring for a family member or friend with dementia.

www.dementiahelpline.org.uk**Tel:** 0808 808 2235**Magu plant | Parenting****Action for Children Wales**

Darparu cefnogaeth i blant a rhieni.

www.actionforchildren.org.uk/what-we-do/support-for-families/

Providing support for children and parents.

www.actionforchildren.org.uk/what-we-do/support-for-families/**Cyfeiriad:** St David's Court, 68a Cowbridge Road East, Cardiff CF11 9DN**Rhif Ffôn:** 029 2022 2127**E-bost:** ask.us@actionforchildren.org.uk**Address:** St David's Court, 68a Cowbridge Road East, Cardiff CF11 9DN**Tel:** 029 2022 2127**Email:** ask.us@actionforchildren.org.uk**Family Rights Group (Keeping children safe in their families)**

Darperir cyngor i rieni yng Nghymru a Lloegr sydd â phlant anghenus, mewn perygl neu yn y system ofal.

<https://www.frg.org.uk/>

Provide advice for parents in England and Wales whose children are in need, at risk or are in the care system.

<https://www.frg.org.uk/>

Llinell Gymorth: 0808 801 0366
Dydd Llun - Dydd Gwener, 9.30y.b.- 3.00y.p
Cyfeiriad: Second Floor, The Print House,
18 Ashwin Street, London E8 3DL

Helpline: 0808 801 0366
Monday to Friday 9.30am – 3.00pm
Address: Second Floor, The Print House,
18 Ashwin Street, London E8 3DL

Flying Start

Darparu gwasanaethau cefnogi i blant o 0-3 oed a'u teuluoedd sy'n byw mewn ardaloedd o dan anfantais yng Nghymru.

Gwybodaeth: <http://gov.wales/topics/people-and-communities/people/children-and-young-people/parenting-support-guidance/help/flyingstart/?skip=1&lang=cy>

Provides support services to children aged 0-3 and their families living in disadvantaged areas within Wales.

Information: <http://gov.wales/topics/people-and-communities/people/children-and-young-people/parenting-support-guidance/help/flyingstart/?lang=en>

Gingerbread (Single parents)

Darparu cefnogaeth i rieni sengl.
<https://gingerbread.org.uk/content/462/Gingerbread-Wales>

Cyfeiriad: Titan House, Cardiff Bay Business Centre, Titan Road, Ocean Park, Cardiff CF24 5BS

Rhif Ffôn: 029 2047 1900

E-bost: ask.us@actionforchildren.org.uk

Providing support for single parents.
<https://gingerbread.org.uk/content/462/Gingerbread-Wales>

Address: Titan House, Cardiff Bay Business Centre, Titan Road, Ocean Park, Cardiff CF24 5BS

Tel: 029 2047 1900

Email: ask.us@actionforchildren.org.uk

TAF (Team Around the Family)

Gweithio mewn partneriaeth sy'n caniatáu i'r holl deulu dderbyn cefnogaeth gydlynol.

Cydlynir TAF o fewn pob awdurdod lleol; felly nid oes pwynt cyswllt Cymru-gyfan. Bydd angen i chi ymchwilio'r rhyngwyd i weld os yw TAF yn weithredol yn eich ardal.

Partnership working that allows the whole family to receive co-ordinated support.

TAF is co-ordinated within each local authority; therefore there is no all Wales contact point. You will need to search the internet to see if TAF operates in your area.

Beichiogrwydd, Erthyliaid a Cham-esgor | Pregnancy, Abortion and Miscarriage

NHS Choices

Eich iechyd, eich dewis

www.nhs.uk/conditions/Abortion/Pages/Introduction.aspx

Your health, your choice

www.nhs.uk/conditions/Abortion/Pages/Introduction.aspx

British Pregnancy Advisory Service

Darparu cymorth i ferched sy'n feichiog heb gynllunio hynny, neu sy'n dewis peidio parhau â'u beichiogrwydd.

www.bpas.org

Rhif Ffôn: 03457 30 40 30

E-bost: info@bpas.org

Provides help to women with an unplanned pregnancy, or a pregnancy they choose not to continue with.

www.bpas.org

Tel: 03457 30 40 30

Email: info@bpas.org

Stillbirth and Neonatal Death Society (SANDS)

Cefnogi unrhyw un sydd wedi ei effeithio gan farwolaeth babi.

www.uk-sands.org

www.cardiff-sands.co.uk

Rhif Ffôn: 0207 436 5881

E-bost: helpline@uk-sands.org

cardiffsands@hotmail.co.uk

Supports anyone affected by the death of a baby.

www.uk-sands.org

www.cardiff-sands.co.uk

Tel: 0207 436 5881

E-mail: helpline@uk-sands.org

cardiffsands@hotmail.co.uk

Euogfarn(au) Blaenorol | Prior Conviction(s)

Euogfarn(au) Blaenorol

Sut i ddod o hyd i waith, addysg neu hyfforddiant gydag euogfarn droseddol

www.gov.uk/exoffenders-and-employment

Prior Conviction(s)

How to find employment, education or training with a criminal conviction

www.gov.uk/exoffenders-and-employment

Carchardai a Bod ar Brawf | Prisons and Probation

www.gov.uk/browse/justice/prisons-probation

Ffoaduriaid a Cheiswyr Lloches | Refugees and Asylum Seekers

The Welsh Refugee Council

Y brif asiantaeth sy'n gweithio dros ffoaduriaid a cheiswyr lloches yng Nghymru.

www.welshrefugeecouncil.org.uk

Cyfeiriad: 120-122 Broadway,
Cardiff, CF24 1NJ

Rhif Ffôn: 029 2048 9800

The lead agency working for refugees and asylum seekers in Wales.

www.welshrefugeecouncil.org.uk

Address: 120-122 Broadway,
Cardiff, CF24 1NJ

Tel: 029 2048 9800

Hunan-niweidio | Self Harm

NHSN

Cynnig gwasanaethau cefnogaeth, cyngor ac eiriolaeth i bobl sydd wedi eu heffeithio gan hunan-niweidio yn uniongyrchol neu mewn rôl ofalu.

E-bost: support@nshn.co.uk

Fforwm ar-lein: www.nshn.co.uk

Offers support, advice and advocacy services to people affected by self harm directly or in a care role.

Email: support@nshn.co.uk

Online forum: www.nshn.co.uk

Mind Cymru

Gwefan sy'n helpu i egluro hunan-niweidio, gan gynnwys rhesymau posibl a sut i chwilio am driniaeth a chefnogaeth.

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/>

Website which helps to explain self-harm, including possible causes, and how to access treatment and support.

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/>

Iechyd Rhywiol | Sexual Health

Family Planning Association (FPA)

Darparu cymorth, cyngor a gwybodaeth ar bynciau iechyd meddwl.

www.fpa.org.uk

Ffeindiwch glinig cyfagos:
www.fpa.org.uk/find-a-clinic

Provides help, advice and information on issues of sexual health.

www.fpa.org.uk

Find a clinic near you:
www.fpa.org.uk/find-a-clinic

NHS Wales

Cynnig cynllun Cerdyn-C i'r rhai o dan 25 oed sy'n rhoi mynediad i gyngor iechyd rhywiol rhad ac am ddim a chyfrinachol a chondomau am ddim ledled Cymru.

www.wales.nhs.uk/sitesplus/888/page/59781

Offers a C-Card scheme for under 25s, which gives access to free, confidential sexual health advice and free condoms across Wales.

www.wales.nhs.uk/sitesplus/888/page/59781

National AIDS Trust (NAT)

Gweithio i drawsnewid ymateb cymdeithas i HIV.

www.nat.org.uk/default.aspx

Rhif Ffôn: 0207 814 6767

Dydd Llun - Dydd Gwener 9 y.b - 5y.p

E-bost: info@nat.org.uk

Dedicated to transforming society's response to HIV.

www.nat.org.uk/default.aspx

Tel: 0207 814 6767

Monday - Friday 9 am-5pm

Email: info@nat.org.uk

HIV Aware

Darparu cyngor i'r rhai hynny sy'n poeni eu bod o bosibl wedi rhoi eu hunain mewn perygl, neu eisiau cyngor ynglŷn â sut i ddiogelu eu hunain ac eraill.

www.hivaware.org.uk

E-bost / Email: info@nat.org.uk

Provides advice for those worried that they may have put themselves at risk, or want advice about how to protect themselves and others.

www.hivaware.org.uk

E-bost / Email: info@nat.org.uk

Brook

Darparu gwasanaethau, cymorth a chyngor iechyd rhywiol i bobl ifanc o dan 25 oed.

www.brook.org.uk

Provides sexual health services, support and advice to young people under 25.

www.brook.org.uk

Twlsyn Brook 24/7:

<https://www.brook.org.uk/our-services/ask-brook-a-question-24-7>

Ask Brook 24/7 Tool :

<https://www.brook.org.uk/our-services/ask-brook-a-question-24-7>

Cyngor Arweiniol Arbenigol | Specialist Guidance Advice

Citizens Advice Bureau

Yn cynnig cyngor rhad ac am ddim, cyfrinachol a diduedd ar ystod o bynciau.

www.citizensadvice.org.uk

Llinell Cyngor: 03444772020

Offers free, confidential and impartial advice on a range of subjects.

www.citizensadvice.org.uk

Advice Line: 03444772020

LawWorks

Darparu cyngor cyfreithiol di-dâl ac yn galluogi mynediad i gyfiawnder.

<https://www.lawworks.org.uk/legal-advice-individuals>

Provides pro bono legal advice and enables access to justice.

<https://www.lawworks.org.uk/legal-advice-individuals>

Speakeasy Advice Centre

Darparu cyngor a chynrychiolaeth gyfreithiol rhad ac am ddim i bobl sy'n cael problemau gyda dyled a budd-daliadau lles mewn ardaloedd dan anfantais yn Ne Ddwyrain Cymru.

www.speakeasyadvice.co.uk

Rhif Ffôn: 029 2045 3111

E-bost: info@speakeasyadvice.co.uk

Provides free legal advice and representation for people struggling with debt and welfare benefits in deprived areas of South East Wales.

www.speakeasyadvice.co.uk

Tel: 029 2045 3111

Email: info@speakeasyadvice.co.uk

Camddefnyddio Sylweddau (cyffuriau), Ysmygu ac Alcohol | Substance Misuse (drugs), Smoking and Alcohol

Al-Anon

Darparu cefnogaeth i unrhyw un y mae ei fywyd yn cael/wedi cael ei effeithio gan rywun arall yn yfed.

www.al-anonuk.org.uk

Llinell Gymorth: 020 7403 0888

Provides support to anyone whose life is – or has been – affected by someone else's drinking.

www.al-anonuk.org.uk

Helpline: 020 7403 0888

DAN

Llinell gymorth rhad ac am ddim ar gyffuriau ac alcohol i unrhyw un yng Nghymru sydd eisiau rhagor o wybodaeth neu gymorth.

www.dan247.org.uk

Rhif Ffôn: 0808 808 2234

Neges destun 'DAN': 81066

A free bilingual drug and alcohol helpline for anyone in Wales wanting further information or help.

www.dan247.org.uk

Tel: 0808 808 2234

Text 'DAN' to: 81066

Frank National Drugs Helpline

Llinell gymorth 24 awr yn rhoi cyngor cyfeillgar, cyfrinachol i ddefnyddwyr cyffuriau, defnyddwyr toddyddion, eu ffrindiau, eu teuluoedd a gofalwyr.

www.talktofrank.com

Llinell Gymorth: 0300 123 6600

Neges destun: 82111

A 24 hour helpline providing friendly, confidential advice to drug users, solvent users, their friends, families and carers.

www.talktofrank.com

Helpline: 0300 123 6600

Text: 82111

Drinkline

Darparu cyngor a gwybodaeth i rai sy'n ffonio ac sy'n poeni am faint y maen nhw neu aelodau o'u teuluoedd neu ffrindiau yn ei yfed.

www.drinksmarter.org/drinkline

Llinell Gymorth: 0300 123 1110

Provides advice and information to callers worried about their own drinking, or that of family or friends.

www.drinksmarter.org/drinkline

Helpline: 0300 123 1110

New Link Wales: Axis all Areas

Darparu cyngor a chefnogaeth i unigolion a theuluoedd o fewn cymunedau lleiafrifoedd ethnig du sydd wedi eu heffeithio gan y ffaith eu bod nhw neu rywun arall yn cymryd cyffuriau neu alcohol. Mae gwybodaeth ar gael mewn Saesneg, Urdu, Bengali, Arabeg, Somali, Ffrangeg a Farsi.

www.newlinkwales.org.uk

Rhif Ffôn: 02920 529002

Provides advice and support to individuals and families within black minority ethnic communities affected by their own or someone else's drug and alcohol misuse. Information is available in English, Urdu, Bengali, Arabic, Somali, French and Farsi.

www.newlinkwales.org.uk

Tel: 02920 529002

Cardiff Alcohol and Drug Team

Darparu cymorth ymarferol, arweiniad, cwnsela a gofal yn y gymuned i bobl sydd â phroblemau cyffuriau ac alcohol a'u teuluoedd. Mae darpariaeth y Tîm Cwnsela yn cynnwys Caerdydd yn unig.

Rhif Ffôn: **029 20788300**

Provides practical help, guidance, counselling and community care for people with drug and alcohol problems and their families.

Counselling Team provision only covers Cardiff.

Tel: 029 20788300

Inroads

Darparu gwybodaeth, cyngor a chefnogaeth yn rhad ac am ddim a chyfrinachol i ddefnyddwyr cyffuriau ac alcohol, cyn-ddefnyddwyr, eu teuluoedd a'u ffrindiau yng Nghaerdydd.

www.inroadswales.org

Rhif Ffôn: **02920 407407**

Provides free and confidential information, advice and support to drug and alcohol users, ex-users, their families and friends in Cardiff.

www.inroadswales.org

Tel: 02920 407407

Kaleidoscope Project

Darparu cefnogaeth i bobl sydd â phroblemau â chyffuriau ac alcohol, drwy eu galluogi i wneud newidiadau positif yn eu bywydau.

www.kaleidoscopeproject.org.uk/contact_us.asp

Rhif Ffôn Cenedlaethol: **0845 450 6307**

Provides support to people with drug and alcohol problems, enabling them to make positive changes in their lives.

www.kaleidoscopeproject.org.uk/contact_us.asp

National Tel: 0845 450 6307

Red-Button

Provides information and advice about substance misuse to young people in Cardiff and the Vale.

www.red-button.org/fruity

Darparu gwybodaeth a chyngor am gamddefnyddio sylweddau i bobl ifanc yng Nghaerdydd a'r Fro.

www.red-button.org/fruity

Hunanladdiad | Suicide

Campaign Against Living Miserably (CALM)

Darparu cefnogaeth i ddynion dan 35 oed sy'n teimlo fel lladd eu hunain. Mae galwadau'n gyfrinachol ac yn ddienw.

www.thecalmzone.net

Rhif Ffôn: 0800 58 58 58

Neges destun: dial 18001 + 0800 585858

Provides support to men under 35 who are feeling suicidal. Calls are confidential and anonymous.

www.thecalmzone.net

Tel: 0800 58 58 58

Text Relay: dial 18001 + 0800 585858

Students Against Depression (S.A.D)

Darparu cyngor a chymorth i fyfyrwyr ynglŷn â deall a goresgyn meddyliau am hunanladdiad.

www.studentsagainstdepression.org

Provides advice and help for students about understanding and surviving suicidal thoughts.

www.studentsagainstdepression.org

Papyrus / Hope line UK

Darparu gwasanaeth i osgoi hunanladdiad ymhlith pobl ifanc, i bobl sy'n poeni amdany'n nhw'u hunain neu bobl y maent yn eu hadnabod.

www.papyrus-uk.org/help-advice/about-hopelineuk

Rhif Ffôn: 0800 068 41 41

Dydd Llun i ddydd Gwener 10y.b i 10y.p

Penwythnos 2y.p i 10y.p

Provides a service for the prevention of young suicides, for people worried about themselves or someone they know.

www.papyrus-uk.org/help-advice/about-hopelineuk

Tel: 0800 068 41 41

Monday to Friday 10am to 10pm

Weekend 2pm to 10pm

Diweithdra | Unemployment

SKILLS Gateway

Darparu cymorth proffesiynol gan Gynghorwyr Gyrfaoedd i helpu oedolion i adnabod sut y gallan nhw wella eu sgiliau a dechrau eu gyrfa.

www.careerswales.com/en/skills-gateway/

Rhif Ffôn: 0800 028 4844

Neges destun: 0800 0029 489

Dydd Llun i ddydd Gwener, 9y.b i 6y.p

Provides professional help from Careers Advisors to help adults identify how they can improve their skills and kick start their career.

www.careerswales.com/en/skills-gateway/

Tel: 0800 028 4844

Text: 0800 0029 489

Monday to Friday, 9am to 6pm

Universal Jobmatch

Darparu cymorth i ddod o hyd i swydd.
Mae'r gwasanaeth hwn yn gofyn i
ddefnyddwyr gofrestru ar-lein.

www.gov.uk/jobsearch

Provides help with finding a job. This
service requires users to register online.

www.gov.uk/jobsearch

Jobcentre Plus

Ffôn: 0345 606 7890

Ffôn testun: 0345 605 5255,

Llinell Saesneg: 0345 606 0234

(Dydd Llun i ddydd Gwener, 8am i 6pm)

Cysylltu â'ch Canolfan Byd Gwaith lleol

Ffôn: 0345 604 4248

Ffôn testun: 0345 608 8551

Llinell Saesneg: 0345 604 3719

(Dydd Llun i ddydd Gwener, 8am i 6pm)

<http://los.direct.gov.uk/default.aspx?type=1&lang=cy>

Tel: 0345 606 0234

Textphone: 0345 605 5255

Welsh language: 0345 606 7890

(Mon to Fri, 8am to 6pm)

Contact your nearest Jobcentre Plus

Tel: 0345 604 3719

Text: 0345 608 8551

Welsh language: 0345 604 4248

(Mon to Fri, 8am to 6pm)

<http://los.direct.gov.uk/default.aspx?type=1&lang=en>

Ceisiadau newydd am fudd-dal

Ffôn: 0800 012 1888

Ffôn testun: 0800 023 4888

Llinell Saesneg: 0800 055 6688

(Dydd Llun i ddydd Gwener, 8am i 6pm)

New benefit claims

Tel: 0800 055 6688

Textphone: 0800 023 4888

Welsh language: 0800 012 1888

(Monday to Friday, 8am to 6pm)

Cefnogaeth i Ddiodefwyr | Victim Support

BAWSO (Black Association of Women Step Out)

Darparu cefnogaeth arbenigol i
gymunedau Ethnig Du a Lleiafrifol, a hefyd
i bobl sydd wedi eu masnachu a'r rhai
hynny sy'n profi neu dan fygythiad o
briodas orfodol a Llurguniad Genitalia
Benywaidd. www.bawso.org.uk

Cyfeiriad: 9 Cathedral Road, Cardiff,
CF11 9HA.

Rhif Ffôn Caerdydd: 02920 644 633

Rhif Ffôn Casnewydd: 01633 213213

Rhif Ffôn Cefnogi Dioddefwyr:
02920 578 408

Provides specialist support to Black and
Minority Ethnic (BME) communities, and
also to people who have been trafficked
and those experiencing or at risk of forced
marriage and Female Genital Mutilation.

www.bawso.org.uk

Address: 9 Cathedral Road, Cardiff,
CF11 9HA.

Tel Cardiff: 02920 644 633

Tel Newport: 01633 213213

Victim Support Tel:
02920 578 408

Victim Support

Darparu gwasanaeth yn rhad ac am ddim i unrhyw un sydd wedi ei effeithio gan drosedd a wnaed yn eu herbyn neu rywun maen nhw'n ei adnabod - pryd bynnag y digwyddodd y drosedd neu p'un ai y'i hadroddwyd neu beidio.

www.victimsupport.org.uk/what-we-do/local-services/wales

Llinell Gymorth: 0808 1689 111

De Cymru: 0300 303 0161

Gogledd Cymru: 0300 303 0159

Provides free services to anyone affected by a crime committed against themselves or someone they know - regardless of when the crime happened or whether it was reported.

www.victimsupport.org.uk/what-we-do/local-services/wales

Helpline: 0808 1689 111

South Wales: 0300 303 0161

North Wales: 0300 303 0159

Visa a Mewnfudo | Visa and Immigration

www.gov.uk/browse/visas-immigration

<https://www.gov.uk/government/organisations/uk-visas-and-immigration>

Citizens Advice

Gallu helpu gyda phroblemau mewnfudo.

www.citizensadvice.org.uk/law-and-rights/immigration/help-with-immigration-problems

Dod o Hyd i Gynghorydd Mewnfudo

www.gov.uk/find-an-immigration-adviser/search-for-an-adviser

Can help with immigration problems.

www.citizensadvice.org.uk/law-and-rights/immigration/help-with-immigration-problems

Finding an Immigration Advisor

www.gov.uk/find-an-immigration-adviser/search-for-an-adviser

Gwirfoddoli | Volunteering

Volunteering Wales

Darparu ffordd gyflym o ddod o hyd i gyfleoedd gwirfoddoli.

<https://www.gwirfoddolicymru.net/>

PDF o ganolfannau gwirfoddoli ledled

Cymru: www.volunteering-wales.net/uploads/volunteer_centre_contacts/Volunteer_Centre_contacts_eng.pdf

Provides a quick way to find volunteering opportunities.

www.volunteering-wales.net

PDF of volunteering centres across Wales:

www.volunteering-wales.net/uploads/volunteer_centre_contacts/Volunteer_Centre_contacts_eng.pdf

WCVA (Wales Council for Voluntary Action)

Cyngor Gweithredu Gwirfoddol Cymru.
Cynrychioli ac ymladd dros sefydliadau,
gwirfoddolwyr a chymunedau gwirfoddol.

www.wcva.org.uk/volunteering

Cyfeiriad: Baltic House, Mount Stuart
Square, Cardiff CF10 5FH

Rhif Ffôn: 0800 288 8329

Wales Council for Voluntary Action.
Represents and campaigns for voluntary
organisations, volunteers and
communities.

www.wcva.org.uk/volunteering

Address: Baltic House, Mount Stuart
Square, Cardiff CF10 5FH

Tel: 0800 288 8329

C3SC (Cardiff Third Sector Council)

Cefnogi ymddiriedolwyr a gwirfoddolwyr
yn eu gwaith, a hyrwyddo cyfleoedd i
ddod yn wirfoddolwr.

www.c3sc.org.uk

Rhif Ffôn: (029) 2048 5722

E-bost: enquiries@c3sc.org.uk

Supports trustees and volunteers in their
work, and promotes opportunities to
become a volunteer

www.c3sc.org.uk

Tel: (029) 2048 5722

Email: enquiries@c3sc.org.uk

Lles | Wellbeing

Healthy Working Wales

Darparu cefnogaeth i gynorthwyo pobl
oed gweithio yng Nghymru i gadw'n heini
ac yn iach fel y gallan nhw aros mewn
cyflogaeth neu fynd yn ôl i'r gwaith ar ôl
cyfnod o salwch.

www.healthyworkingwales.com

Rhif Ffôn: 0845 609 6006

E-bost: workplacehealth@wales.nhs.uk

Provides support to help people of
working age in Wales to stay fit and
healthy so they can remain in
employment, or return to work following a
period of ill health.

www.healthyworkingwales.com

Tel: 0845 609 6006

Email: workplacehealth@wales.nhs.uk

Health Challenge Wales

Yn cyfeirio aelodau o'r cyhoedd at
wybodaeth neu weithgarwch sy'n eu
cynorthwyo i wella eu hiechyd, gan
gynnwys iechyd meddwl.

<http://www.heriechydymru.org/iechyd-meddwl-da-a-lles>

Rhif Ffôn: 02920 227744

Signposts members of the public to
information or activity to help them
improve their health, including mental
health.

www.healthchallengewales.org/mental-health-and-well-being

Tel: 02920 227744

Cefnogaeth yn y gweithle | Workplace support

TUC

Ymgrchu dros fargen deg yn y gwaith a chyfiawnder cymdeithasol gartref a thramor.

www.tuc.org.uk

Dewch o hyd i'r Undeb iawn i chi:

www.tuc.org.uk/about-tuc/union-finder

Campaign for a fair deal at work and for social justice at home and abroad.

www.tuc.org.uk

Find the right Union for you:

www.tuc.org.uk/about-tuc/union-finder

Cost Galwadau

Brasamcan yw'r costau isod. Gwiriwch gyda'ch darparwr ffôn i gael yr union gost, yn enwedig os ydych yn galw o dramor. Gall galwadau o ffon talu gostio mwy.

Rhif yn dechrau gyda	Disgrifiad	Cost pob munud o linellau daear (brasamcan)	Cost pob munud o ffonau symudol (brasamcan)
01 02	Rhifau daearyddol ar gyfer rhannau penodol o'r DU	Hyd at 13c	3c i 55c
03 0345	Rhifau ledled y DU	Hyd at 9c	3c i 55c
030	Sefydliadau nid-er-elw, elusennau a chyrff cyhoeddus	Hyd at 10c	3c i 55c
0500	Gwasanaeth rhadffon	Am ddim	7c i 40c
07	Ffonau symudol	10c i 20c	3c i 55c
070	Rhifau personol neu 'dilynnwch fi' a reoleiddir gan y Phone-paid Services Authority	4c i £3.40 (ac o bosib 51c yr alwad)	30c i £2.50 (ac o bosib 51c yr alwad)
0800 0808	Gwasanaeth rhadffon	Am ddim	Am ddim
0843 0844 0845	Rhifau cyfradd busnes	hyd at 7c a chost mynediadeich cwmni ffôn	hyd at 7c a chost mynediadeich cwmni ffôn
0870 0871 0872	Rhifau cyfradd busnes a reoleiddir gan y Phone-paid Services Authority	hyd at 13c a chost mynediadeich cwmni ffôn	hyd at 13c a chost mynediadeich cwmni ffôn

Rhif yn dechrau gyda	Disgrifiad	Cost pob munud o linellau daear (brasamcan)	Cost pob munud o ffonau symudol (brasamcan)
0873			
09	Rhifau cyfradd premiwm a reoleiddir gan y Phone-paid Services Authority	hyd at £3.60 a chost mynediad eich cwmni ffôn, a 5c i £6 yr alwad	hyd at £3.60 a chost mynediad eich cwmni ffôn, a 5c i £6 yr alwad
101	Rhif yr Heddlu nad ydynt yn rhai brys	15c yr alwad	15c yr alwad
105	Llinell gymorth toriad pŵer ar draws y DU	Am ddim	Am ddim
111	Cyngor meddygol nad ydynt yn rhai brys	Am ddim	Am ddim
112	Gwasanaethau argyfwng	Am ddim	Am ddim
116	Rhifau rhadffon	Am ddim	Am ddim
118	Rhifau ymholiadau rhifau ffôn a reoleiddir gan y Phone-paid Services Authority	hyd at £5 a chost mynediad eich cwmni ffôn, ac o bosib hyd at £6.98 yr alwad	hyd at £5 a chost mynediad eich cwmni ffôn, ac o bosib hyd at £6.98 yr alwad
999	Gwasanaethau argyfwng	Am ddim	Am ddim

Cewch gyngor gan Ofcom os oes gennych broblemau gyda chostau galwadau neu filiau ffôn. <https://www.ofcom.org.uk/cymru/phones-telecoms-and-internet/advice-for-consumers>

Call charges (English)

The costs below are approximate. Check with your phone provider to find out the actual cost, particularly if you're calling from abroad. Calls from payphones can cost more.

Number starts with	Description	Cost from landlines per minute (approximate)	Cost from mobiles per minute (approximate)
01 02	Geographic numbers for specific parts of the UK	up to 13p	3p to 55p
03 0345	UK-wide numbers	up to 9p	3p to 55p
030	Not-for-profit organisations,	up to 10p	3p to 40p

Number starts with	Description	Cost from landlines per minute (approximate)	Cost from mobiles per minute (approximate)
	charities and public bodies		
07	Mobile numbers	10p to 20p	3p to 55p
070	Personal or 'follow me' numbers regulated by the Phone-paid Services Authority	4p to £3.40 (plus a possible 51p per call)	30p to £2.50 (plus a possible 51p per call)
0800 0808	Freephone service	Free	Free
0843 0844 0845	Business rate numbers	up to 7p and your phone company's access charge	up to 7p and your phone company's access charge
0870 0871 0872 0873	Business rate numbers regulated by the Phone-paid Services Authority	up to 13p and your phone company's access charge	up to 13p and your phone company's access charge
09	Premium rate numbers regulated by the Phone-paid Services Authority	up to £3.60 and your phone company's access charge , plus 5p to £6 per call	up to £3.60 and your phone company's access charge , plus 5p to £6 per call
101	Police non-emergency number	15p per call	15p per call
105	UK-wide power cut helpline	Free	Free
111	Non-emergency medical advice	Free	Free
112	Emergency services	Free	Free
116	Freephone numbers	Free	Free
118	Directory enquiry numbers regulated by the Phone-paid Services Authority	up to £5 and your phone company's access charge , plus possibly up to £6.98 per call	up to £5 and your phone company's access charge , plus possibly up to £6.98 per call
999	Emergency services	Free	Free

Get advice from Ofcom if you have problems with call charges or phone bills.

<https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers>

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