



Sources of Support



NHS 111 **Wales**

This is the home of health advice for anyone living in Wales.
Call **111** /
www.111.wales.nhs.uk



You can talk to childline about anything. No problem is too big or too small.
Call on **0800 1111** /
www.childline.org.uk



Fearless is a dedicated young person's charity where you can get info and give info about crime 100% anonymously.
Call **0800 555 111** /
www.fearless.org



Helping children feel safe.
Call: **029 2057 7074** /
www.barnardos.org.uk/wales



ACT is an organisation providing information and advice for people with concerns about radicalisation.
Call **0800 011 3764** /
www.actearly.uk



Are you, or is a young person you know, not coping with life?
Call: **0800 068 41 41** /
www.papyrus-uk.org



Umbrella Cymru is a gender and sexual diversity support service that works in Wales.
Call **0300 302 3670** /
www.umbrellacymru.co.uk



Whatever you're going through, a Samaritan will face it with you, 24 hours a day, 365 days a year.
Call any time: **116 123** /
www.samaritans.org



Advocacy support and advice.
Call: **029 2039 6974** /
www.tgpcymru.org.uk



For sexual advice including testing in Wales.
www.friskywales.org



Mental Health support for the agricultural sector.
Call **0800 587 4262**
text **07860 048799** /
www.thedpjfoundation.co.uk



If you're thinking about stopping smoking, there's no better time to quit than now.
Call **0800 085 2219** /
www.helpmequit.wales



Dan 24/7 is a free and confidential drugs helpline.
Call **0808 808 2234** or
text **DAN to 81066** /
www.dan247.org.uk



For help with your career, preparing to get a job, and finding and applying for the right apprenticeships, courses and training.
www.careerswales.gov.wales



An organisation dedicated to give advice on all things concerning alcohol.
Call **0300 123 1110** /
www.drinkaware.co.uk



Barod specialises in substance misuse support for both adults and young people in S Wales.
Call **0333 3202751** /
www.barod.cymru



Supporting trans, non-binary and gender-diverse children, young people.
Call - **08088010400** /
www.mermaidsuk.org.uk



For advice on homelessness in Wales.
Call: **08000 495 495**
www.sheltercymru.org.uk



Are you affected by low mood, depression and suicidal thinking.
www.studentsagainstdepression.org



Meic is the helpline service for children and young people up to the age of 25 in Wales.
Call **08088023456** or
text **84001** /
www.meiccymru.org



Mind is a mental health charity that is committed to improve the mental health of the nation.
Call **0300 123 3393** /
www.mind.org.uk



For any online sexual abuse make a report to CEOP using:
www.ceop.police.uk/Safety-Centre



An organisation dedicated to eradicate all forms of racism.
Call **02920 236 057**.
www.theredcard.org



To report a hate crime use the online form on
www.report-it.org.uk



Live Fear Free.
For confidential advice or support around domestic violence, sexual violence or violence against women
Call **0808 8010800** /
www.welshwomensaid.org.uk



The Children's Commissioner works for every child in Wales.
Call **01792 765600** /
www.childcomwales.org.uk



Use BBC Bitesize to help with your homework, revision and learning.
www.bbc.co.uk/bitesize



Ffynonellau Cefnogaeth



GIG 111 Cymru

Dyma gartref cyngor iechyd i unrhyw un sy'n byw yng Nghymru.

Ffoniwch: **111** / www.111.wales.nhs.uk

ChildLine

Gallwch siarad â childline am unrhyw beth. Nid oes unrhyw broblem yn rhy fawr nac yn rhy fach.

Ffoniwch: **0800 1111** / www.childline.org.uk



Mae Fearless yn elusen benodol i bobl ifanc lle gallwch gael gwybodaeth a rhoi gwybodaeth am drosedd 100% yn ddiennw.

Ffoniwch: **0800 555 111** / www.fearless.org



Helpu plant i deimlo'n ddiogel.

Ffoniwch: **029 2057 7074** / www.barnardos.org.uk/barnardos-cymru



Mae ACT yn sefydliad sy'n darparu gwybodaeth a chyngor i bobl sydd â phryderon am radcaleiddio.

Ffoniwch: **0800 011 3764** / www.actearly.uk



Ydych chi, neu berson ifanc rydych chi'n ei adnabod, ddim yn ymdopi â bywyd?

Ffoniwch: **0800 068 41 41** / www.papyrus-uk.org



Mae Umbrella Cymru yn wasanaeth cymorth ar amrywiaeth o ran rhywedd a rhywioldeb sy'n gweithio yng Nghymru.

Ffoniwch: **0300 302 3670** / www.umbrellacymru.co.uk



Beth bynnag rydych chi'n ei brofi, bydd Samariad yn ei wynebu gyda chi, 24 awr y dydd, 365 diwrnod y flwyddyn.

Ffoniwch: **116 123** / www.samaritans.org



Cymorth a chyngor eiriolaeth.

Ffoniwch: **029 2039 6974** / www.tgpcymru.org.uk/cy/



Am gyngor ar faterion rhywiol gan gynnwys cael profion yng Nghymru.

www.ircymru.online



Cymorth Iechyd Meddwl i'r sector amaethyddol.

Ffoniwch **0800 587 4262**, anfon neges destun at **07860 048799** / www.thedpjfoundation.co.uk/cy/



Os ydych chi'n meddwl am roi'r gorau i ysmegu, nid oes amser gwell i roi'r gorau iddi nag yn awr.

Ffoniwch: **0800 085 2219** / www.helpafiistopio.cymru



Mae Dan 24/7 yn llinell gymorth cyffuriau sy'n gyfrinachol ac am ddim.

Ffoniwch **0808 808 2234** neu anfon 'DAN' mewn neges destun at **81066** / dan247.org.uk/cy/



Am help gyda'ch gyrfa, paratoi i gael swydd, a chanfod a gwneud cais am y prentisiaethau, y cyrsiau a'r hyfforddiant cywir.

www.gyrfacymru.llyw.cymru



Sefydliad sy'n ymroddedig i roi cyngor ar bopeth sy'n ymwneud ag alcohol.

Ffoniwch: **0300 123 1110** / www.drinkaware.co.uk



Mae Barod yn arbenigo mewn cymorth o ran camddefnyddio sylweddau i oedolion a phobl ifanc yn ne Cymru.

Ffoniwch: **0333 3202751** / www.barod.cymru/cy/



Cefnogi plant a phobl ifanc traws, anneauaid a rhyw-amrywiol.

Ffoniwch: **08088010400** / www.mermaidsuk.org.uk



Am gyngor ar ddigartrefedd yng Nghymru.

Ffoniwch: **08000 495 495** / www.sheltercymru.org.uk/cy/



Ydych chi'n cael eich effeithio gan hwyliau isel, iselder ysbryd a meddwl am hunanladdiad.

www.studentsagainstdepression.org



Meic yw'r gwasanaeth llinell gymorth i blant a phobl ifanc hyd at 25 oed yng Nghymru.

Ffoniwch **0808 802 3456** neu anfon neges destun at **84001** / www.meiccymru.org



Mae Mind yn elusen iechyd meddwl sydd wedi ymrwymo i wella iechyd meddwl y genedl.

Ffoniwch: **0300 123 3393** / www.mind.org.uk



Ar gyfer unrhyw gam-drin rhywiol ar-lein gwnewch adroddiad i CEOP gan ddefnyddio: www.ceop.police.uk/Safety-Centre



Sefydliad sy'n ymroddedig i gael gwared ar bob math o hiliaeth.

Ffoniwch: **02920 236 057** / www.theredcard.org



I roi gwybod am drosedd casineb, defnyddiwch y ffurflen ar-lein ar

www.report-it.org.uk



Cymorth i Ferched Cymru
Welsh Women's Aid

Byw Heb Ofn

I gael cyngor neu gymorth cyfrinachol ynghylch trais domestig, trais rhywiol neu drais yn erbyn menywod

Ffoniwch: **0808 8010800** / www.welshwomensaid.org.uk/cy/



Mae'r Comisiynydd Plant yn gweithio i bob plentyn yng Nghymru.

Ffoniwch: **01792 765600** / www.complantcymru.org.uk



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www.bbc.co.uk/bitesize