

# MAE SIARAD YN DDA

# IT'S GOOD TO TALK

- Wyt ti'n teimlo fel nad oes neb yn deall?
- Wyt ti'n cael bywyd yn anodd?
- Oes amat angen rhywun i siarad â nhw?
- Paid â dioddef ar dy ben dy hun.
- Feel like no-one understands?
- Are you struggling with life?
- Need someone to talk to?
- Don't suffer alone

## GALLWN HELPŪ

## WE CAN HELP

**OUT  
side  
IN** Counselling

Tim Cwnsela 'Outside In'

**07800 689039**

[outside\\_in@wrexham.gov.uk](mailto:outside_in@wrexham.gov.uk)



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

Atal hunanladdiad ymhlith pobl ifanc  
Prevention of Young suicide

**0800 068 4141**



Y Siop Wybodaeth  
The Info shop

Gwybodaeth a chynghor cyffredinol,  
eiriolaeth, atal cenhedlu a chlinig iechyd rhywiol.

Generic information & advice, advocacy,  
contraception & sexual health clinic.

**01978 295600**

**childline**

ONLINE, ON THE PHONE, ANYTIME

**0800 1111**

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

**SAMARITANS**

Y Samariaid / Samaritans

Ffonia ni unrhyw bryd, ddydd neu nos

Call us anytime, day or night

RHAD AC AM DDIM **116 123** FREE

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



[www.wreccsam.gov.uk](http://www.wreccsam.gov.uk) | [www.wrexham.gov.uk](http://www.wrexham.gov.uk)