

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

PAPYRUS
PREVENTION OF YOUNG SUICIDE

Atal hunanladdiad ymhlith pobl ifanc
Prevention of Young suicide

0800 068 4141

INFO

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

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

wrexham
COUNTY BOROUGH COUNCIL
CYNGOR BANGORFFRYD SIRIOL
wreccsam

www.wreccsam.gov.uk | www.wrexham.gov.uk