



**shout**  
**85258**

Tecstiwch  
**SHOUT**  
i **85258**

**SAMARITANS** Saesneg:  
**SAMARIAID** 116 123

[www.samaritans.org/wales](http://www.samaritans.org/wales)

Cymraeg (7yh - 11yh):

**0808 164 0123**

**0800 132 737**

✉ [call@helpline.wales](mailto:call@helpline.wales)

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



**CAMPAIGN**  
**AGAINST**  
**LIVING**  
**MISERABLY**

**0800 58 58 58**

[www.thecalmzone.net](http://www.thecalmzone.net)

5yh-canol nos



Scaniwch  
y cod

**DYDW I**  
**DDIM YN**  
**YMDOPI**  
**AC MAE ANGEN**  
**CYMORTH**  
**BRYN**  
**ARNAF**

**FFÔNIWCH 111**

**DEWISWCH**

**OPSIWN 2**

**childline**

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

**08001111**

**PAPYRUS**

**0300 102 2470\***

Tecstiwch HOPE i **88247**

[www.papyrus-uk.org](http://www.papyrus-uk.org)

[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)



\*nid yw ffônio  
am ddim

**FFÔNIWCH 999**  
**MEWN ARGYFWNG**  
**SY'N BYGWTH**  
**BYWYD**



**Staying Safe**

from suicidal thoughts

[www.stayingsafe.net](http://www.stayingsafe.net)

Crëwch eich

"Cynllun

Diogelwch"



**SGANIWCH Y COD**  
**QR I GAEL COPI**  
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