

Dydy bywyd ddim yn hawdd bob amser

Cei siarad â ni ar-lein neu dros y ffôn pryd
bynnag rwyf ti'n teimlo'r angen i wneud hynny.
Beth bynnag sy'n dy boeni, mae'n well ei rannu.



ChildLine

0800 1111



Life has its ups and downs

You can talk to us online or by phone whenever you need to.
Whatever your worry, it's better out than in.

www.childline.org.uk

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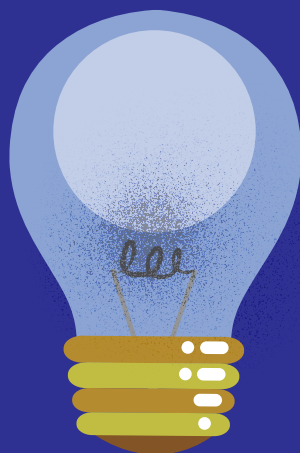
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