



ChildLine

0800 1111



Dydy bywyd ddim yn hawdd bob amser

Mae pob math o gyngor ar gael ar wefan ChildLine. Neu mi gei di 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.

www.childline.org.uk

Life has its ups and downs

You'll find all sorts of advice on the ChildLine site. Or you can talk to us online or by phone whenever you need to. Whatever your worry, its better out than in.



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