



ChildLine

0800 1111



Dydy bywyd ddim yn hawdd bob amser

Mae cyngor gennym ni a gan bobl yr un oed â thi ar gael ar wefan ChildLine. Neu mi gei di siarad yn gyfrinachol 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 advice on the ChildLine site, from us and from people your own age. Or you can talk confidentially online or by phone whenever you need to. Whatever your worry, it's better out than in.



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