Cyfeirio Cymorth I Ddysgwyr
Learner Support Signposting

A-Z
2026/27

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Cyflwyniad

Rydym yn cydnabod y gall sawl ffactor gael effaith ar allu dysgwr i astudio a bod yn rhaid i iechyd a lles personol ddod gyntaf bob amser.

Er y gwnawn ni ein gorau i gefnogi dysgwyr yn yr ystafell ddosbarth, bydd wastad amser pan fydd angen arweiniad arbenigol. I'r perwyl hwn, mae'r mynegai hwn yn darparu man cychwyn i gyfeirio dysgwyr at gymorth arbenigol. Nid yw'n rhestr gyflawn o gwbl ac felly dylid ei defnyddio ar y cyd â ffynonellau gwybodaeth eraill.

Ymwadiad

Mae'r sefydliad wedi ceisio sicrhau bod y wybodaeth a restrir yma yn gywir. Fodd bynnag, ni fyddwn yn derbyn cyfrifoldeb am unrhyw golled, niwed nac anghyfleustra allai godi o ganlyniad i unrhyw ddefnydd neu ddiffyg gallu i ddefnyddio unrhyw wybodaeth neu ddolenni i wefannau o fewn y mynegai hwn.

Nid ydym yn cymryd unrhyw gyfrifoldeb dros gynnwys gwefannau cysylltiedig. Ni ddylid cymryd bod cynnwys unrhyw ddolen yn gymeradwyaeth o unrhyw fath gan ein sefydliad o'r wefan gysylltiedig nag unrhyw gysylltiad gyda'i gweithredwyr. Ymhellach, nid oes gennym reolaeth dros argaeledd y tudalennau cysylltiedig.

Roedd y wybodaeth a gynhwysir yn gywir ar yr adeg y'i diweddarwyd: June 2026.

Introduction

We recognise that many factors can impact on a learner's ability to study and that personal health and wellbeing must always come first.

Whilst we will do all it can to support learners in the classroom, there will be times when specialist guidance is required. To this end this index sets out to provide a starting point for learner signposting to specialist support. It is by no means an exhaustive list and therefore should be used in conjunction with other information sources.

Disclaimer

The organisation has tried to ensure that the information listed here is accurate. However, we will not accept liability for any loss, damage or inconvenience arising as a consequence of any use of or the inability to use any information or website links within this index.

We assume no responsibility for the contents of linked websites. The inclusion of any link should not be taken as endorsement of any kind by our organisation of the linked website or any association with its operators. Further, we have no control over the availability of the linked pages.

The information enclosed was accurate at the time of update: June 2026.

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Costau ffôn / *Phone charges*

Sylwer, er bod rhai o'r rhifau ffôn a restrir yn y mynegai hwn yn rhad ac am ddim, efallai bydd angen i chi dalu rhywfaint o gost eich ffôn llinell tir neu ffôn symudol. Gellir dod o hyd i restr o gostau galwadau'r DU yn: https://www.gov.uk/costau-galwadau

Please be aware that although some phone numbers listed in this index are free you may incur a charge from your landline or mobile phone. A list of UK call charges can be found at:

www.gov.uk/call-charges

Cyngor i'r rhai o dan 25 oed | Advice for under 25s

The Sprout

Gwefan ryngweithiol sy'n annog creadigrwydd a chyswllt uniongyrchol tra'n darparu gwybodaeth am weithgareddau a gwasanaethau sydd ar gael i bobl ifanc yng Nghaerdydd.

https://thesprout.co.uk/cy/

An interactive website that encourages creativity and direct involvement while providing information on activities and services available to young people in Cardiff.

http://www.thesprout.co.uk

MEIC Cymru

Llinell gymorth gwybodaeth, cyngor ac eiriolaeth i blant a phobl ifanc. Yn rhad ac am ddim ac ni fydd yn ymddangos ar y bil ffôn.

https://meic.cymru/cy/

Rhif Ffôn am ddim: 080 880 23456

Neges destun: 07943 114 449

Advocacy, information and advice helpline for children and young people. Free and won't show up on phone bill.

www.meiccymru.org

Freephone: 080 880 23456

Text: 07943 114 449

GISDA

Cynnig cymorth i bobl ifanc 14-25 oed yng Ngogledd Orllewin Cymru i wella ansawdd eu bywydau fel nad ydynt o dan anfantais oherwydd eu tlodi.

https://www.gisda.org/cy/

Cyfeiriad y Brif Swyddfa: 21-23 Castle Square, Caernarfon, LL55 2NA

Rhif Ffôn: 01286 671153

Offer support to young people aged 14-25 in North West Wales to improve their quality of life so they aren't disadvantaged because of poverty.

https://www.gisda.org/en/

Address of Head Office: 221-23 Castle Square, Caernarfon, LL55 2NA

Tel: 01286 671153

Comisiynydd Plant Cymru / Children's Commissioner for Wales

Hyrwyddo hawliau plant a phobl ifanc yng Nghymru. Yn cynnig cyngor a chefnogaeth rhad ac am ddim a chyfrinachol hefyd.
www.complantcymru.org.uk/
Cyfeiriad: Comisiynydd Plant Cymru Llewellyn House, Harbourside Business Park, Harbourside Road, Port Talbot, SA13 1SB
Llinell Cyngor a Chymorth: 01792 765600
E-bost Cyngor a Chymorth: advice@childcomwales.org.uk
Rhif rhadffon plant a phobl ifanc: 0808 801 1000

Championing the rights of children and young people in Wales. Also offers a free and confidential advice and support service.
www.childcomwales.org.uk/
Address: Children's Commissioner for Wales Llewellyn House, Harbourside Business Park, Harbourside Road, Port Talbot, SA13 1SB
Advice and Support line: 01792 765600
Advice and Support email: advice@childcomwales.org.uk
Children and young people's freephone number: 0808 801 1000

Mabwysiadu | Adoption

St David's Adoption Service

Darparu gwasanaethau mabwysiadu i bawb yng Nghymru. Siaradwch yn gyfrinachol ag ymarferwr mabwysiadu arbenigol.
https://www.stdavidsadoptionservice.org/cy/

Rhif Ffôn: 029 20667007
E- bost: info@stdavidscs.org

Provides adoption services to all of Wales. Talk in confidence to a specialist adoption practitioner.

https://www.stdavidsadoptionservice.org/

Tel: 029 20667007
Email: info@stdavidscs.org

Prentisiaethau | Apprenticeships

Llywodraeth Cymru / Welsh Government

Gwefan sy'n darparu cyngor ar wneud cais am brentisiaethau i unrhyw un sydd dros 16 oed ac yn byw yng Nghymru ond nad ydynt mewn addysg amser llawn.
https://www.llyw.cymru/prentisiaethau-sgiliau-a-hyfforddiant

Website provides apprenticeship application advice to anyone who is over 16, living in Wales and not in full-time education.

https://www.gov.wales/apprenticeships

Careers Wales

Darparu cyngor ac arweiniad ar sut i wneud cais am brentisiaeth. Os byddwch chi'n ffonio ar eich ffôn symudol, fe wnawn nhw eich ffonio nôl yn rhad ac am ddim.
https://gyrfacymru.llyw.cymru/
Rhif Ffôn: 0800 028 4844
E-bost: post@careerswales.gov.wales

Provides advice and guidance on how to apply for an apprenticeship. If you ring on your mobile, they will call you back for free.

www.careerswales.com
Tel: 0800 028 4844
Email: post@careerswales.gov.wales

Awtistiaeth | Autism

AP Cymru

Yn darparu cymorth uniongyrchol, pwrpasol i unigolion Niwrogyfeiriol a'u teuluoedd yn ystod pob cam o'u taith.

www.apcymru.org.uk
Rhif Ffôn: 029 2081 0786
E-bost: enquiries@apcymru.org.uk

Provides direct, bespoke support to Neurodivergent individuals and their families during all stages of their journey.
www.apcymru.org.uk
Tel: 029 2081 0786
Email: enquiries@apcymru.org.uk

Neurodivergence Wales

Gwybodaeth ac adnoddau ar gyfer unigolion niwrowahanol, megis Anhwylder Sbectrwm Awtistiaeth (ASD), Anhwylder Diffyg Canolbwyntio a Gorfywiogrwydd (ADHD) a syndrom Tourette (TS).
https://neurodivergencewales.org/cy/
Rhif Ffôn: 07469 485 643
E-bost: AutismWales@WLGA.gov.uk

Information and resources for neurodivergent individuals, such as Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD) and Tourette syndrome (TS).
https://neurodivergencewales.org/en/
Tel: 07469 485 643
Email: AutismWales@WLGA.gov.uk

The National Autistic Society

Darparu gwybodaeth, cymorth a gwasanaethau arloesol i bobl sydd ag awtistiaeth.
http://www.autism.org.uk/
Tudalen Fforwm y Gymuned:
http://community.autism.org.uk/
E-bost: wales@nas.org.uk

Provide information, support and pioneering services for autistic people.

http://www.autism.org.uk/
Community Forum Page:
http://community.autism.org.uk/
Email: wales@nas.org.uk

Budd-daliadau | Benefits

Mae gwefan GOV.UK yn darparu gwybodaeth ac arweiniad ar ystod o fudd-daliadau.

Hawl i gael budd-dal
Sut a phryd caiff eich budd-daliadau eu talu

Budd-dal i deuluoedd (*Saesneg*)
Childcare and the Sure Start Maternity grant

Gofalwyr ac Anabledd (*Saesneg*)
Disability Living Allowance, Carers Allowance and Employment and Support Allowance

Budd-daliadau plant (*Saesneg*)
Child Benefit: How it works - GOV.UK

Budd-daliadau marwolaeth (*Saesneg*)
Widowed Parent's Allowance, Bereavement and Funeral Payment

The GOV.UK website provides advice and guidance on a range of benefits.

Benefit entitlement
When and how benefit payments are made

Benefit for Families
Childcare and the Sure Start Maternity grant

Carers and Disability
Disability Living Allowance, Carers Allowance and Employment and Support Allowance

Child benefit
Child Benefit: How it works - GOV.UK

Death benefits
Widowed Parent's Allowance, Bereavement and Funeral Payment

Lwfans Ceisio Gwaith a budd-dal Incwm Isel
Benefits and financial support if you're looking for work - GOV.UK

Jobseeker's Allowance and Low Income benefit
Benefits and financial support if you're looking for work - GOV.UK

Llinell gymorth Lwfans Byw i'r Anabl
Rhif Ffôn: 0800 121 4600

Disability Living Allowance helpline
Tel: 0800 121 4600

Llinell gymorth Lwfans Mynychu
Rhif Ffôn: 0800 731 0122

Attendance Allowance helpline
Tel: 0800 731 0122

Profedigaeth | Bereavement

Bereavement Advice Centre

Gwefan sy'n cynnig gwybodaeth a chyngor ymarferol ar faterion sy'n codi ar ôl marwolaeth rhywun agos.

www.bereavementadvice.org

Website which offers practical information and advice on the issues that arise after the death of someone close.
www.bereavementadvice.org

Cruse Bereavement Care

Cynnig cwnsela, cefnogaeth, cymorth a chyngor i'r rhai sydd wedi cael profedigaeth.
www.cruse.org.uk
Rhif Ffôn: 0808 808 1677

Offer counselling, support, help and advice to the bereaved.

www.cruse.org.uk
Tel: 0808 808 1677

Hope Again

Gwefan profedigaeth i bobl ifanc, yn darparu cefnogaeth ar ôl marwolaeth rhywun agos.
hopeagain.org.uk
Rhif Ffôn: 0808 808 1677
E-bost: hopeagain@cruse.org.uk

A bereavement website for young people, providing support after the death of someone close.
hopeagain.org.uk
Tel: 0808 808 1677
Email: hopeagain@cruse.org.uk

Bwlio mewn amgylchedd dysgu | Bullying in the learning environment

Oedolion
Os ydych, fel oedolyn sy'n dysgu, yn profi neu'n dyst i ymddygiad sy'n sarhaus neu'n fygythiol, dylech adrodd am ddigwyddiadau o'r fath i'ch tiwtor fel y gellir ymdrin â'r mater yn gynnar.

Os hoffech drafod unrhyw fater yn gyfrinachol, ffoniwch ein Prif Swyddfa ar 03300 580845 a gofynnwch i gael siarad gydag aelod o'n tîm Gwasanaethau Dysgwyr neu anfonwch e-bost at:
LearnerServices@addysgoedolion.cymru

Plant
Dylid codi achosion o fwlio sy'n cynnwys plant ar lefel leol yn gyntaf bob tro.

Gellid cyfeirio digwyddiadau bwlio yn yr ysgol at yr Awdurdod Lleol os nad yw'r ysgol yn datrys y sefyllfa yn foddhaol.

Adults
If as an adult learner you experience or witness behaviour that is offensive or threatening, you should report such incidents to your tutor so that it can be dealt with early on.

If you would like to discuss any matter confidentially please call our Head Office on 03300 580845 and ask to talk to a member of our Learner Services team or email:
LearnerServices@adultlearning.wales

Children
Cases of bullying involving school children should always be raised at a local level in the first instance.

Incidents of school based bullying can be referred to the Local Authority if the school does not resolve the situation satisfactorily.

Bullying UK

Darparu cefnogaeth a chyngor ar-lein gan dîm arbenigol i bob aelod o'r teulu.

www.bullying.co.uk
Rhif Ffôn: 0808 800 2222

Provides live online support and advice from an expert team to all members of the family.
www.bullying.co.uk
Tel: 0808 800 2222

Bullies Out

Darparu cymorth, cefnogaeth a gwybodaeth i'r rheini sydd wedi eu heffeithio gan fwlio.
www.bulliesout.com
Ebost: mentorsonline@bulliesout.com
Pe byddai'n well gennych siarad gyda rhywun dros y ffôn, gallwch ffonio Childline ar: 0800 1111

Provide help, support and information to those affected by bullying.

www.bulliesout.com
Email: mentorsonline@bulliesout.com
If you would prefer to speak to someone over the phone, you can call Childline on: 0800 1111

NSPCC

Darparu cyngor i ddioddefwyr a rhieni plant sy'n profi bwlio dros y we.
www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety
Rhif ffon: 0808 800 5000
E-bost: help@nspcc.org.uk
Hefyd yn darparu SignVideo gan ddefnyddio Iaith Arwyddion Prydain.

Provides advice for victims and parents of children experiencing Cyberbullying.
www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety
Telephone: 0808 800 5000
Email: help@nspcc.org.uk
Also provides SignVideo using British Sign Language.

Yn poeni am blentyn? Ffoniwch: 0808 800 5000 (24/7)

Worried about a child? Call: 0808 800 5000 (24/7)

Cyngor ar Fwlio yn y gweithle gan www.gov.uk ar gyfer oedolion sy'n profi bwlio yn y gweithle.
Workplace bullying and harassment - GOV.UK

Nid yw bwlio ei hunan yn erbyn y gyfraith, ond mae aflonyddu yn erbyn y gyfraith.

Workplace bullying advice from www.gov.uk for adults experiencing work place bullying.
Workplace bullying and harassment - GOV.UK

Bullying itself isn't against the law, but harassment is.

ACAS

Gwasanaeth Cynghori, Cymodi a chyflafareddu. Darparu llinell gymorth. Gwasanaeth cyfnewid testun ar gael i gwsmeriaid sydd â nam ar eu clyw neu eu lleferydd.
https://www.acas.org.uk/cymraeg
Rhif Ffôn: 0300 123 1100
Ffôn testun: 18001 0300 123 1100

Advisory, Conciliation and Arbitration Service. Provide an advice helpline. Text relay service available for customers with a hearing or speech impairment.
www.acas.org.uk
Tel: 0300 123 1100
Textphone: 18001 0300 123 1100

Taflenni gwrth fwlio i rieni a phlant gan Llywodraeth Cymru:
Bwlio: canllaw i blant | LLYW.CYMRU

Herio bwlio (hawliau, parch, cydraddoldeb): canllawiau ar gyfer rhieni a gofalwyr | LLYW.CYMRU

Anti-bullying leaflets for parents and children from Welsh Government:
Bullying: guide for children | GOV.WALES

Challenging bullying (rights, respect, equality): guidance for parents and carers | GOV.WALES

Byddardod | Deafness

British Deaf Association

Yn sefyll dros gydraddoldeb, mynediad a rhyddid dewis i bobl fyddar.
www.bda.org.uk
https://bda.org.uk/wales-office/
E-bost: bda@bda.org.uk

Stand for equality, access and freedom of choice for deaf people.

www.bda.org.uk
https://bda.org.uk/wales-office/
Email: bda@bda.org.uk

NDCS (National Deaf Children's Society)

Darparu rhwydwaith o gefnogaeth i rieni sydd â phlant byddar ledled Cymru.
www.ndcs.org.uk
https://www.ndcs.org.uk/advice-and-support/ways-we-can-support-you/helpline
Rhif Ffôn: 0808 800 8880

Provide a network of support for parents with deaf children throughout Wales.

www.ndcs.org.uk
https://www.ndcs.org.uk/advice-and-support/ways-we-can-support-you/helpline
Tel: 0808 800 8880

Centre of Sign-Sight-Sound

Cefnogi pobl fyddar, clustfyddar, trwm eu clyw a dall a byddar ledled Gogledd Cymru, a'u teulu, ffrindiau, gofalwyr a chydweithwyr.
Rhif Ffôn: 01492 530013

Supports all deaf, deafened, hard of hearing and deafblind people across North Wales, and their family, friends, carers and colleagues.
Tel: 01492 530013

CSeeker

Gwasanaeth archebu i bobl fyddar a thrwm eu clyw neu eu gofalwyr i ddod o hyd i bobl broffesiynol gwasanaeth iaith.
www.cseeker.co.uk
E-bost: bookings@cseeker.co.uk

Booking service for deaf and hard of hearing people or their carers to find appropriate language service professionals.
www.cseeker.co.uk
Email: bookings@cseeker.co.uk

NRCPD

Sefydliad a ffurfiwyd i amddiffyn pobl fyddar a thrwm eu clyw a chynnal hyder y cyhoedd mewn gwasanaethau iaith ar draws y DU. Rhestr o ddehonglwyr iaith arwyddion cymeradwy. Chwilio yn ôl ardal.
NRCPD | Home
Rhif Ffôn: 0191 323 3376
Neges destun: 0752 617 3329
E-bost: enquiries@nrcpd.org.uk

An organisation set up to protect Deaf and Hard of Hearing people and maintain public confidence in language services across the UK. List of approved sign language interpreters. Search by area.
NRCPD | Home
Tel: 0191 323 3376
Text: 0752 617 3329
Email: enquiries@nrcpd.org.uk

South Wales Interpreters

Cyswllt ar gyfer dehonglwyr a chyfieithwyr Iaith Arwyddion Prydain (BSL) yn Ne Cymru
www.southwalesinterpreters.co.uk

Contact for BSL interpreters and translators in South Wales

www.southwalesinterpreters.co.uk

Trais yn y Cartref | Domestic Violence

Live Fear Free (formerly All Wales Domestic Abuse and Sexual Violence Helpline)	
Cefnogaeth i'r rhai hynny sy'n profi - neu sydd wedi profi - cam-drin yn y cartref neu gam-drin rhywiol, neu sy'n poeni am ffrind neu berthynas sy'n profi cam-drin yn y cartref neu drais rhywiol. 24 awr y dydd, 7 diwrnod yr wythnos. https://www.llyw.cymru/byw-heb-ofn **Rhif Ffôn:** 0808 80 10 800 **E-bost:** info@livefearfreehelpline.wales	Support for those who are experiencing – or have experienced- domestic abuse or sexual violence, or are worried about a friend or relative who is experiencing domestic abuse or sexual violence. 24 hours a day, 7 days a week. http://livefearfree.gov.wales/?lang=en **Tel:** 0808 80 10 800 **Email:** info@livefearfreehelpline.wales

Deialwch 999 bob tro mewn argyfwng	**Always dial 999 in an emergency**

Cam-drin yn y cartref - Merched | Domestic abuse – Women

Black Association of Women Step Out (BAWSO)	
Darparu cefnogaeth arbenigol i gymunedau Ethnig Du a Lleiafrifol, a hefyd i bobl sydd wedi eu masnachu a'r rhai hynny sy'n profi neu dan fygythiad o briodas orfodol a Llurguniad Genitalia Benywaidd. https://bawso.org.uk/cy/ **Cyfeiriad:** Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB **Llinell Gymorth 24 awr:** 0800 731 8147 **E-bost:** info@bawso.org.uk	Provides specialist support to Black and Minority Ethnic (BME) communities, and also to people who have been trafficked and those experiencing or at risk of forced marriage and Female Genital Mutilation. www.bawso.org.uk **Address:** Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB **24Hr Helpline:** 0800 731 8147 **Email:** info@bawso.org.uk

Women's Aid Cardiff

Darparu cefnogaeth i unrhyw un sydd wedi eu heffeithio gan drais yn y cartref.
www.cardiffwomensaid.org.uk
Rise One Stop Shop,
Cardiff Royal Infirmary,
Block 24, Longcross Street,
Cardiff
CF24 0JT
Rhif Ffôn: 02920 460 566

Provides support for anyone affected by domestic violence.

www.cardiffwomensaid.org.uk
Rise One Stop Shop,
Cardiff Royal Infirmary,
Block 24, Longcross Street,
Cardiff
CF24 0JT
Tel: 02920 460 566

Vale Domestic Abuse Services

Darparu cefnogaeth i ferched a phlant o fewn Bro Morgannwg sydd wedi profi, neu sydd yn profi, Trais yn y Cartref.

https://valedas.org/
Rhif Ffôn: 01446 744755

Provide support for women and children within the Vale of Glamorgan who have experienced, or are experiencing Domestic Violence.
https://valedas.org/
Tel: 01446 744755

Welsh Women's Aid

Darparu gwasanaethau i ferched a phlant sydd wedi profi neu sydd yn profi trais yn y cartref.
https://welshwomensaid.org.uk/
Rhif Ffôn: 0808 80 10 800
E-bost: info@livefearfreehelpline.wales

Provides services for women and children who have experienced or are experiencing domestic abuse.
https://welshwomensaid.org.uk/
Tel: 0808 80 10 800
Email: info@livefearfreehelpline.wales

Deialwch 999 bob tro mewn argyfwng	Always dial 999 in an emergency

Trais yn y cartref - Dynion | Domestic abuse – Men

Men's Advice Line

Llinell gymorth gyfrinachol i ddynion sy'n profi trais yn y cartref.
https://mensadviceline.org.uk/
Rhif Ffôn am ddim: 0808 801 0327

Confidential helpline for men experiencing domestic violence.
https://mensadviceline.org.uk/
Freephone: 0808 801 0327

Galop (formerly Broken Rainbow)

Yn cynnig llinell gymorth gyfrinachol ar gyfer trais yn y cartref i bobl Lesbiaidd, Hoyw, Deurywiol a Thraws gan bobl Lesbiaidd, Hoyw, Deurywiol a Thraws sydd wedi eu hyfforddi.
www.galop.org.uk
Rhif Ffôn: 0800 999 5428
E-bost: help@galop.org.uk

Offers a confidential LGBT domestic abuse helpline run by trained LGBT people.

www.galop.org.uk
Tel: 0800 999 5428
Email: help@galop.org.uk

Respect Phoneline

Llinell gymorth gyfrinachol yn cynnig cyngor, gwybodaeth a chefnogaeth i'ch rhwystro rhag bod yn dreisgar tuag at eich partner.
https://respectphoneline.org.uk/
Rhif Ffôn am ddim: 0808 8024040

Confidential helpline offering advice, information and support to stop you being violent and abusive to your partner.
https://respectphoneline.org.uk/
Freephone: 0808 8024040

Deialwch 999 bob tro mewn argyfwng	**Always dial 999 in an emergency**

Anhwylderau Bwyta | Eating Disorders

BEAT

Darparu gwybodaeth, cefnogaeth a chymorth ledled y DU i bobl sydd wedi eu heffeithio gan anhwylderau bwyta.
https://www.beateatingdisorders.org.uk
Rhif Ffôn: 0808 801 0433
E-bost: Waleshelp@beateatingdisorders.org.uk

Provides information, support and help across the UK to people affected by eating disorders.
https://www.beateatingdisorders.org.uk
Tel: 0808 801 0433
Email: Waleshelp@beateatingdisorders.org.uk

Cydraddoldeb | Equality

Diverse Cymru

Darparu gwasanaethau sy'n hyrwyddo cydraddoldeb a byw'n annibynnol.
https://diversecymru.org.uk/?lang=cy
Rhif Ffôn: 02920 368888
E-bost: info@diverse.cymru

Provides services that promote equality and independent living.
https://diversecymru.org.uk/
Tel: 02920 368888
Email: info@diverse.cymru

Race Council Cymru (RCC)

Dod â sefydliadau allweddol ynghyd i weithio tuag at ddileu gwahaniaethu hiliol ac i hyrwyddo cyfle cyfartal a chysylltiadau hiliol.

www.racecouncilcymru.org.uk
Rhif Ffôn: 0330 229 0995
E-bost: info@racecouncilcymru.org.uk

Brings together key organisations to work towards the elimination of racial discrimination and the promotion of equality of opportunity and race relations.
www.racecouncilcymru.org.uk
Tel: 0330 229 0995
Email: info@racecouncilcymru.org.uk

Anawsterau Perthnasoedd Teuluol | Family Relationship Difficulties

Counselling Directory

Darparu gwasanaeth i gysylltu pobl sydd wedi eu heffeithio gan achosion o gam-drin, iselder neu broblemau â pherthynas gyda chefnogaeth broffesiynol.
www.counselling-directory.org.uk

Provides a service to connect people affected by cases of abuse, depression or relationship issues, to professional support.

www.counselling-directory.org.uk

National Family Mediation

Darparu cefnogaeth i bobl sy'n mynd trwy'r profiad o wahanu, ysgaru neu eisiau cyfathrebu â chynbartner a'u plant.
www.nfm.org.uk

Provides support for people going through a separation, divorce, or wanting to maintain communication with an ex-partner and their children.
www.nfm.org.uk

Relate

Darparu ystod o wasanaethau i gynorthwyo gyda pherthnasoedd rhwng cyplau a theuluoedd.
www.relate.org.uk
Rhif Ffôn: 0300 003 2340

Provides a range of services to help with couples' and families' relationships.

www.relate.org.uk
Tel: 0300 003 2340

Llamau

Darparu cyngor tai a chyfryngu teuluol. Gweithio gyda phobl ifanc ddigartref a merched sy'n agored i niwed yng Nghymru.
www.llamau.org.uk

Provides housing advice and family mediation. Works with homeless young people and vulnerable women in Wales.

www.llamau.org.uk

Banc Bwyd | Foodbanks

The Trussell Trust (U.K)	
www.trusselltrust.org/get-help/find-a-foodbank	www.trusselltrust.org/get-help/find-a-foodbank
Rhif Ffôn: 01722 580180 **E-bost:** enquiries@trusselltrust.org	**Tel:** 01722 580180 **Email:** enquiries@trusselltrust.org

Cefnogaeth a Chyngor Ariannol | Financial Support and Advice

Student Finance Wales	
Os ydych yn bwriadu astudio ar un o'n cyrsiau lefel uwch, neu os ydych yn meddwl am wneud cais am le mewn coleg neu brifysgol, efallai byddwch yn gymwys I ymgeisio am gyllid gan Gyllid Myfyrwyr Cymru.	If you intend to study one of our higher level courses or you are thinking of applying to college or university, you may be eligible to apply for funding from Student Finance Wales.
www.cyllidmyfyrwyrcymru.co.uk **Rhif Ffôn:** 0300 200 4050	www.studentfinancewales.co.uk **Tel:** 0300 200 4050

Money Advice Service	
Mae'n cynnig canllawiau, offerynnau a chyfrifianellau ariannol i helpu pawb i wneud y defnydd llawn o'u harian.	Offers money guides, tools and calculators to help everyone make the most of their money.
https://www.moneyhelper.org.uk/cy **Rhif Ffôn:** 0800 011 3797 **Typetalk:** 18001 0800 915 4622 Dydd Llun i ddydd Gwener, 8yb – 6yh **WhatsApp:** defnyddiwch 07701 342 744 i anfon neges o'ch Whatsapp. Mae gwasanaeth sgwrsio ar-lein ar gael trwy gyfrwng y wefan.	https://www.moneyhelper.org.uk/en **Tel:** 0800 011 3797 **Typetalk:** 18001 0800 915 4622 Monday to Friday 8am to 6pm **WhatsApp:** add 07701 342 744 to your Whatsapp and send a message. Webchat service available from website.

Pension Wise

Mae'n cynnig cyngor diduedd am ddim i bobl sydd dros 50 mlwydd oed ac sydd â phensiwn personol neu bensiwn gweithle â chyfraniadau diffiniedig.
https://www.moneyhelper.org.uk/cy/pensions-and-retirement/pension-wise
Ffoniwch: 0800 011 3797 i drefnu apwyntiad am ddim.

Offers free, impartial guidance to people aged 50 or over with a personal or workplace defined contribution pension.

https://www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise
Tel: 0800 011 3797 to book a free appointment.

The King's Trust

Cefnogi pobl o 13-30 oed sydd allan o waith, a'r rhai hynny sy'n cael trafferth yn yr ysgol ac mewn perygl o gael eu gwahardd.
https://www.kingstrust.org.uk/
Rhif Ffôn: 0800 842 842
Mae gwasanaeth sgwrsio ar-lein ar gael trwy gyfrwng y wefan.

Supports 13-30 year olds who are unemployed, and those struggling at school and at risk of exclusion.

https://www.kingstrust.org.uk/
Tel: 0800 842 842
Webchat service available from website.

Llinellau Cymorth | Helplines

Samaritans

Cefnogaeth llinell ffôn 24 awr, e-bost, llythyr ac wyneb yn wyneb i bobl sy'n dioddef anhawster emosiynol.
www.samaritans.org
https://www.samaritans.org/wales/
Cyfeiriad: 75 Cowbridge Road East, Canton, Cardiff, CF11 9AF
Llinell Gymorth: 116 123
Iaith Gymraeg: 0808 164 0123 (O 7y.p i 11y.p yn unig, 7 diwrnod yr wythnos)

24-hour phone line, email, letter and face-to-face support for people in emotional difficulty.
www.samaritans.org
https://www.samaritans.org/wales/
Address: 75 Cowbridge Road East, Canton, Cardiff, CF11 9AF
National Helpline: 116 123
Welsh Language Line: 0808 164 0123 (from 7pm - 11pm only, 7 days a week)

Lesbian, Gay, Bisexual Helpline

Gwasanaeth rhad ac am ddim i bobl Lesbiaidd, Hoyw, Deurywiol a Thraws yng Nghymru i wrthbwyso teimladau o ynysu cymdeithasol a chryfhau cysylltiadau rhwng cymunedau bobl Lesbiaidd, Hoyw, Deurywiol a Thraws.
https://lgbtcymru.org.uk/
Cyfeiriad: YMCA Building, 1 The Kingsway, Swansea SA1 5JQ
Rhif Ffôn: 0800 917 9996
(10– 3y.p Dydd Mercher gyda peiriant ateb)
E-bost: info@lgbtcymru.org.uk

A free service for LGBT people in Wales to counteract feelings of individual social isolation and strengthen connections between LGBT communities.

https://lgbtcymru.org.uk/
Address: YMCA Building, 1 The Kingsway, Swansea SA1 5JQ
Rhif Ffôn / Tel: 0800 917 9996
(10am–3pm Wednesday with answerphone facility)
Email: info@lgbtcymru.org.uk

Tenovus Cancer Care

Darparu cefnogaeth i'r rhai hynny sy'n dioddef o ganser a'u teuluoedd.
https://www.tenovuscancercare.org.uk/cy/hafan
E-bost: info@tenovuscancercare.org.uk
Llinell Cefnogaeth: 0808 808 1010

Provides support for those suffering with cancer, and their families.
www.tenovuscancercare.org.uk

Email: info@tenovuscancercare.org.uk
Support Helpline: 0808 808 1010

Tai | Housing

Homelessness - The Huggard Centre

Helpu pobl sy'n cysgu garw yng Nghaerdydd.
http://www.huggard.org.uk/contact/
Cyfeiriad: Huggard Buildings, Hansen St, Cardiff CF10 5DW
E-bost: info@huggard.org.uk

Helping people who are sleeping rough in Cardiff.
http://www.huggard.org.uk/contact/
Address: Huggard Buildings, Hansen St, Cardiff CF10 5DW
Email: info@huggard.org.uk

Llamau

Darparu cyngor tai a chyfryngu teuluol. Gweithio gyda phobl ifanc ddigartref a merched sy'n agored i niwed yng Nghymru.
www.llamau.org.uk

Provides housing advice and family mediation. Works with homeless young people and vulnerable women in Wales.
www.llamau.org.uk

The Basement @ 58 (formerly Housing Options Project)

I bobl ifanc 16-21 oed.
Cyfeiriad: The Basement @ 58 Charles Street Cardiff CF10 2GD
Rhif Ffôn: 029 2087 3570
E-bost: thebasement@llamau.org.uk

For young people aged 16-21.
Address: The Basement @ 58 Charles Street Cardiff CF10 2GD
Tel: 029 2087 3570
Email: thebasement@llamau.org.uk

Shelter Cymru

Cyngor annibynnol ar dai.
http://sheltercymru.org.uk/cy/
Llinell Gymorth: 08000 495 495
Dydd Llun - Dydd Gwener 9.30yb-4.00yp

Independent housing advice.
www.sheltercymru.org.uk
Helpline: 08000 495 495
Monday - Friday 9.30am-4.00pm

Cymdeithasau Tai | Housing Associations

Caredig

https://www.caredig.co.uk/
Cyfeiriad:43 Walter Road, Swansea, SA1 5PN
Rhif Ffôn: 01792 460192
E-bost: info@caredig.co.uk

https://www.caredig.co.uk/
Address: 43 Walter Road, Swansea, SA1 5PN
Tel: 01792 460192
Email: info@caredig.co.uk

Barcud

https://www.barcud.cymru/?lang=cy
Cyfeiriad: Unit 4, Pont Steffan Business Park, Lampeter, Ceredigion, SA48 7HH
Rhif Ffôn: 0300 111 3030
Dydd Llun - Dydd Gwener 9yb-5yp
E-bost: post@barcud.cymru

https://www.barcud.cymru/
Address: Unit 4, Pont Steffan Business Park, Lampeter, Ceredigion, SA48 7HH
Tel:0300 111 3030
Monday - Friday 9am-5pm
Email: post@barcud.cymru

North Wales Housing - Bangor Office

Cyfeiriad: 30 Dean Street, Bangor, Gwynedd, LL57 1UR
Rhif Ffôn: 0300 102 2727
E-bost: customerservice.mailbox@nwha.org.uk

Address: 30 Dean Street, Bangor, Gwynedd LL57 1UR
Tel: 0300 102 2727
Email: customerservice.mailbox@nwha.org.uk

Taff Housing Association

Cyfeiriad: Alexandra House/307-315 Cowbridge Rd East, Cardiff CF5 1JD
Rhif Ffôn: 0800 121 6064

Address: Alexandra House/307-315 Cowbridge Rd East, Cardiff CF5 1JD
Tel: 0800 121 6064

United Welsh

Y Borth, 13 Beddau Way, Caerphilly, CF83 2AX
Rhif Ffôn: 0330 159 6080
E-bost: tellmemore@unitedwelsh.com

Y Borth, 13 Beddau Way, Caerphilly, CF83 2AX
Tel: 0330 159 6080
Email: tellmemore@unitedwelsh.com

Wales & West Housing Association Ltd

Prif Swyddfa
Cyfeiriad: Archway House, 77 Parc Ty Glas, Llanishen, Cardiff CF14 5DU
Rhif Ffôn: 0800 052 2526
E-bost: contactus@wwha.co.uk

Head Office
Address: Archway House, 77 Parc Ty Glas, Llanishen, Cardiff CF14 5DU
Tel: 0800 052 2526
Email: contactus@wwha.co.uk

Swyddfa Gorllewin Cymru
Cwrt y Llan, Church Lane, Castell Newydd Emlyn, SA38 9AB

West Wales Office
Cwrt y Llan, Church Lane, Newcastle Emlyn, SA38 9AB

Swyddfa Gogledd Cymru
Tŷ Draig, Parc Dewi Sant,
Ewloe Glannau Dyfrdwy, CH5 3DT

North Wales Office
Tŷ Draig, Parc Dewi Sant,
Ewloe Glannau Dyfrdwy, CH5 3DT

Diogelwch ar y We | Internet Safety

UK Safer Internet Centre

Darparu llinell gymorth i bobl broffesiynol sy'n gweithio gyda phlant a phobl ifanc yn y DU ar broblemau diogelwch ar lein.
https://www.saferinternet.org.uk/
Rhif Ffôn: 0345 601 3203
E-bost: enquiries@saferinternet.org.uk

Provides a helpline for professionals working with children and young people in the UK with online safety issues.
https://www.saferinternet.org.uk/
Tel: 0345 601 3203
Email: enquiries@saferinternet.org.uk

Childnet International

Sefydliad dielw yn gweithio i gynorthwyo i wneud y we yn lle da a diogel i blant.
www.childnet.com
Rhif Ffôn: +44 (0)20 7639 6967
E-bost: info@childnet.com

Non-profit organisation working to help make the internet a great and safe place for children.
www.childnet.com
Phone: +44 (0)20 7639 6967
Email: info@childnet.com

NSPCC

Darparu cyngor ac offer i helpu i gadw plant yn ddiogel ar-lein.
www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety

Provides advice and tools to help keep children safe online.
www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety

Anableddau ac Anawsterau Dysgu | Learning Disabilities and Difficulties

Advocacy Matters Wales

Elusen yn Ne Cymru sy'n helpu oedolion sydd ag anabledd dysgu neu syndrom Asperger i ddweud eu dweud.
www.advocacymatterswales.co.uk
Rhif Ffôn: 029 20 233733 9yb – 5yp Dydd Llun - Dydd Gwener
E-bost: info@advocacymatters.co.uk

South Wales based charity helping adults with a learning disability or Asperger syndrome to have a say.
www.advocacymatterswales.co.uk
Tel: 029 20 233733 9am – 5pm Monday to Friday
Email: info@advocacymatters.co.uk

British Dyslexia Association

Sefydliad aelodaeth sy'n gweithio i sicrhau cymdeithas sy'n gyfeillgar i bawb gyda dyslecsia.

www.bdadyslexia.org.uk
Rhif Ffôn: 0333 405 4555
E-bost: defnyddiwch y ffurflen Cysylltu sydd ar y wefan.
Dod o hyd i gymdeithas leol:
www.bdadyslexia.org.uk/contact/find-a-local-dyslexia-association

A membership organisation working to achieve a dyslexia-friendly society for all.

www.bdadyslexia.org.uk
Tel: 0333 405 4555
Email: use Contact form on website.
Find local association:
www.bdadyslexia.org.uk/contact/find-a-local-dyslexia-association

SNAP Cymru

Prosiect Cynghori Anghenion Arbennig. Darparu cyngor annibynnol i deuluoedd sydd â phlant anabl.
www.snapcymru.org/?lang=cy
Rhif Ffôn: 02920 348 990
Llinell Gymorth: 0800 801 0608

Special Needs Advisory Project. Provides independent advice for families with disabled children.
www.snapcymru.org
Tel: 02920 348 990
Helpline: 0800 801 0608

Where You Stand

Darparu gwybodaeth i rieni, gofalwyr, plant anabl ac oedolion sydd ag anawsterau dysgu yng Nghaerdydd a Bro Morgannwg.
www.whereyoustand.org

Provides information for parents, carers, disabled children and adults with learning difficulties in Cardiff and the Vale of Glamorgan.
www.whereyoustand.org

Cyngor Cyfreithiol | Legal Advice

Citizens Advice	
Darparu cyngor ar bwy all helpu gyda chostau cyfreithiol. https://www.citizensadvice.org.uk/cymraeg/ **Llinell Gymorth:** 0800 702 2020 (8yb – 7yp, Dydd Llun-Dydd Gwener, 9yb – 1yp, Dydd Sadwrn)	Provides advice on who can help with legal costs. https://www.citizensadvice.org.uk/wales/ **Helpline:** 0800 702 2020 (8am – 7pm, Monday-Friday, 9am – 1pm, Saturday)

LawWorks	
Darparu cyngor cyfreithiol yn rhad ac am ddim. www.lawworks.org.uk/clinics	Provides free legal advice. www.lawworks.org.uk/clinics

Iechyd Meddwl | Mental Health

Bipolar UK	
Cefnogi unigolion sy'n dioddef o gyflwr bipolar yn ogystal â'u teuluoedd a'u gofalwyr. www.bipolaruk.org **E-bost:** info@bipolaruk.org	Supports individuals with the condition of bipolar, as well as their families and carers. www.bipolaruk.org **Email:** info@bipolaruk.org

C.A.L.L	
Llinell Gymorth a Gwrando Gymunedol. Llinell gymorth iechyd meddwl i Gymru ar gyfer unrhyw un sy'n poeni am eu hiechyd meddwl eu hunain neu iechyd perthynas neu gyfaill. www.callhelpline.org.uk **Llinell Gymorth:** 0800 132 737 E-bost: call@helpline.wales	Community Advice and Listening Line. A mental health helpline for Wales, for anyone concerned about their own mental health or that of a relative or friend. www.callhelpline.org.uk **Helpline:** 0800 132 737 Email: call@helpline.wales

Mind

Darparu cymorth, cyngor a chefnogaeth i roi grym i unrhyw un sy'n dioddef problem iechyd meddwl.
www.mind.org.uk
Llinell Wybodaeth: 0300 123 3393
Llinell Gymorth: 0300 102 1234

Provides help, advice and support to empower anyone experiencing a mental health problem.
www.mind.org.uk
Info Line: 0300 123 3393
Support Line: 0300 102 1234

NO PANIC

Darparu gwybodaeth a chyngor i ofalwyr a phobl sy'n dioddef o Banic, Gorbryder, Ffobia, Anhwylder Gorfodaeth Obsesiynol.
www.nopanic.org.uk
Llinell gymorth gyfrinachol:
0300 772 9844 (10y.b. - 10y.p. Pob dydd)
Rhif Argyfwng: 01952 680 835

Provides information and advice to carers and people with Panic, Anxiety, Phobias, Obsessive Compulsive Disorders.
www.nopanic.org.uk
Confidential helpline:
0300 772 9844 (10am - 10pm every day)
Crisis Number: 01952 680 835

Young Minds

Gweithio i wella lles emosiynol a meddyliol plant a phobl ifanc.

www.youngminds.org.uk
Llinell Gymorth i Rieni: 0808 802 5544

Works to improve the emotional wellbeing and mental health of children and young people.
www.youngminds.org.uk
Parents' helpline: 0808 802 5544

Welsh Dementia Helpline

Sy'n cynnig cefnogaeth, gwybodaeth a chyfeirio at unrhyw un sy'n byw gyda dementia neu'n gofalu am aelod o'r teulu neu gyfaill gyda dementia.
www.dementiahelpline.org.uk
Rhif Ffôn: 0808 808 2235
E-bost: dementia@helpline.wales

Offers support, information and signposting for anyone who is living with dementia or caring for a family member or friend with dementia.
www.dementiahelpline.org.uk
Tel: 0808 808 2235
Email: dementia@helpline.wales

Magu plant | Parenting

Action for Children

Darparu cefnogaeth i blant a rhieni.

https://www.actionforchildren.org.uk/

Cyfeiriad: St David's Court, 68a Cowbridge Road East, Cardiff CF11 9DN
Rhif Ffôn: 0300 123 2112
Rhif ffon Caerdydd: 02920 222 127
E-bost: ask.us@actionforchildren.org.uk

Providing support for children and parents.
https://www.actionforchildren.org.uk/

Address: St David's Court, 68a Cowbridge Road East, Cardiff CF11 9DN
Tel: 0300 123 2112
Cardiff tel: 02920 222 127
Email: ask.us@actionforchildren.org.uk

Family Rights Group (Keeping children safe in their families)

Darperir cyngor i rieni yng Nghymru a Lloegr sydd â phlant anghenus, mewn perygl neu yn y system ofal.
https://www.frg.org.uk/
Llinell Gymorth: 0808 801 0366
Dydd Llun - Dydd Gwener, 9.30y.b.-3.00y.p

Provide advice for parents in England and Wales whose children are in need, at risk or are in the care system.
https://www.frg.org.uk/
Helpline: 0808 801 0366
Monday to Friday 9.30am – 3.00pm

Flying Start

Darparu gwasanaethau cefnogi i blant o 0-3 oed a'u teuluoedd sy'n byw mewn ardaloedd o dan anfantais yng Nghymru.
Gwybodaeth:
https://www.llyw.cymru/hoffech-chi-help-llaw-gan-dechraun-deg

Provides support services to children aged 0-3 and their families living in disadvantaged areas within Wales.

Information: https://gov.wales/get-help-flying-start

Gingerbread (Single parents)

Darparu cefnogaeth i rieni sengl.
https://www.gingerbread.org.uk/
Cyfeiriad: 82 Tanner Street, London SE1 3GN

Providing support for single parents.
https://www.gingerbread.org.uk/
Address: 82 Tanner Street, London, SE1 3GN

Beichiogrwydd, Erthyliad a Cham-esgor | Pregnancy, Abortion and Miscarriage

NHS Wales

Eich iechyd, eich dewis
https://111.wales.nhs.uk/encyclopaedia/a/article/abortion

Your health, your choice
https://111.wales.nhs.uk/encyclopaedia/a/article/abortion

British Pregnancy Advisory Service

Darparu cymorth i ferched sy'n feichiog heb gynllunio hynny, neu sy'n dewis peidio parhau â'u beichiogrwydd.
www.bpas.org
Rhif Ffôn: 03457 30 40 30
E-bost: info@bpas.org

Provides help to women with an unplanned pregnancy, or a pregnancy they choose not to continue with.
www.bpas.org
Tel: 03457 30 40 30
Email: info@bpas.org

Stillbirth and Neonatal Death Society (SANDS)

Cefnogi unrhyw un sydd wedi ei effeithio gan farwolaeth babi.
https://www.sands.org.uk/
Rhif Ffôn: 0808 164 3332
E-bost: helpline@sands.org.uk

Supports anyone affected by the death of a baby.
https://www.sands.org.uk/
Tel: 0808 164 3332
E-mail: helpline@sands.org.uk

Euogfarn(au) Blaenorol | Prior Conviction(s)

Euogfarn(au) Blaenorol
Sut i ddod o hyd i waith, addysg neu hyfforddiant gydag euogfarn droseddol
https://www.gov.uk/tell-employer-or-college-about-criminal-record

Prior Conviction(s)
How to find employment, education or training with a criminal conviction
https://www.gov.uk/tell-employer-or-college-about-criminal-record

Carchardai a Bod ar Brawf | Prisons and Probation

www.gov.uk/browse/justice/prisons-probation

Ffoaduriaid a Cheiswyr Lloches | Refugees and Asylum Seekers

The Welsh Refugee Council

Y brif asiantaeth sy'n gweithio dros ffoaduriaid a cheiswyr lloches yng Nghymru.
https://wrc.wales/
Cyfeiriad: 120-122 Broadway, Cardiff, CF24 1NJ
Rhif Ffôn: 0808 196 7273

The lead agency working for refugees and asylum seekers in Wales.

https://wrc.wales/
Address: 120-122 Broadway, Cardiff, CF24 1NJ
Tel: 0808 196 7273

Asylum Justice

Cymorth arbenigol cyfreithiol i ffoaduriaid a mudwyr yng Nghymru.
https://asylumjustice.org.uk/
Rhif Ffôn: 029 2049 9421

Legal specialist support for refugees and migrants in Wales.
https://asylumjustice.org.uk/
Tel: 029 2049 9421

DPIA (Displaced People in Action)

Ar draws Cymru, helpu ceiswyr lloches a ffoaduriaid i dod yn fwy hyderus, integredig a hunangynhaliol. Y prif swyddfa yng Nghaerdydd, ond prosiectau yn rhedeg yng Nghasnewydd, Abertawe, Wrecsam, Torfaen, Caerffili a Blaenau Gwent.
https://dpia.org.uk/
Cyfeiriad: 3rd Floor, Hastings House, Fitzalan Place, Cardiff, CF24 0BL
Rhif Ffôn: 029 2078 9733
E-bost: info@dpia.org.uk

Helping asylum seekers and refugees across Wales to become more confident, integrated, and self-sufficient. The main office is based in Cardiff, but projects run in Newport, Swansea, Wrexham, Torfaen, Caerphilly and Blaenau Gwent.
https://dpia.org.uk/
Address: 3rd Floor, Hastings House, Fitzalan Place, Cardiff, CF24 0BL
Tel: 029 2078 9733
E-mail: info@dpia.org.uk

The Red Cross

Darparu cymorth brys i ffoaduriaid, ceiswyr lloches a mudwyr sy'n agored i niwed, gan gynnwys dioddefwyr masnachu pobl.
https://www.redcross.org.uk/get-help/get-help-as-a-refugee

Providing emergency support for refugees, asylum seekers and vulnerable migrants, including victims of trafficking.
https://www.redcross.org.uk/get-help/get-help-as-a-refugee

Cymorth Ethnig Du, Asiaidd a Lleiafrifoedd | Black, Asian and Minority Ethnic Support

BAME Helpline Wales

Mae'n darparu gwybodaeth mewn perthynas ag iechyd, addysg, gwaith, tai, lles a diogelwch personol. Cyngor cyflogaeth arbenigol a chyfeiriadau at sefydliadau perthnasol mewn ystod o ieithoedd cymunedol.
https://www.bamementalhealth.org/helpline
Rhif Ffôn: 0800 144 8824

Provides information in relation to health, education, work, housing, welfare and personal safety. Specialist employment advice and referrals to relevant organisations in a range of community languages.
https://www.bamementalhealth.org/helpline
Tel: 0800 144 8824

BAWSO (Black Association of Women Step Out)

Darparu cefnogaeth arbenigol i gymunedau Ethnig Du a Lleiafrifol, a hefyd i bobl sydd wedi eu masnachu a'r rhai hynny sy'n profi neu dan fygythiad o briodas orfodol a Llurguniad Genitalia Benywaidd.
https://bawso.org.uk/cy/
Cyfeiriad: Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB
Llinell Gymorth 24 awr: 0800 731 8147
E-bost: info@bawso.org.uk

Provides specialist support to Black and Minority Ethnic (BME) communities, and also to people who have been trafficked and those experiencing or at risk of forced marriage and Female Genital Mutilation.
www.bawso.org.uk
Address: Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB
Llinell Gymorth 24 awr: 0800 731 8147
E-bost: info@bawso.org.uk

Hunan-niweidio | Self Harm

NHSN

Cynnig gwasanaethau cefnogaeth, cyngor ac eiriolaeth i bobl sydd wedi eu heffeithio gan hunan-niweidio yn uniongyrchol neu mewn rôl ofalu.
Fforwm ar-lein: www.nshn.co.uk

Offers support, advice and advocacy services to people affected by self harm directly or in a care role.

Online forum: www.nshn.co.uk

Mind Cymru

Gwefan sy'n helpu i egluro hunan-niweidio, gan gynnwys rhesymau posibl a sut i chwilio am driniaeth a chefnogaeth.
http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/

Website which helps to explain self-harm, including possible causes, and how to access treatment and support.

http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/

Iechyd Rhywiol | Sexual Health

Family Planning Association (FPA)

Darparu cymorth, cyngor a gwybodaeth ar bynciau iechyd meddwl.
www.fpa.org.uk

Provides help, advice and information on issues of sexual health.
www.fpa.org.uk

NHS Wales

Gwybodaeth iechyd i bobl sy'n byw yng Nghymru.
https://111.wales.nhs.uk/
https://111.wales.nhs.uk/LocalServices/Default.aspx?locale=cy&term=A

Health advice and information for people living in Wales.
https://111.wales.nhs.uk/
https://111.wales.nhs.uk/LocalServices/Default.aspx

National AIDS Trust (NAT)

Gweithio i drawsnewid ymateb cymdeithas i HIV.
https://nat.org.uk/
Rhif Ffôn: 0207 814 6767
Dydd Llun - Dydd Gwener 9 y.b - 5y.p
E-bost: info@nat.org.uk

Dedicated to transforming society's response to HIV.
https://nat.org.uk/
Tel: 0207 814 6767
Monday - Friday 9 am-5pm
Email: info@nat.org.uk

Brook

Darparu gwasanaethau, cymorth a chyngor iechyd rhywiol i bobl ifanc o dan 25 oed.
www.brook.org.uk

Provides sexual health services, support and advice to young people under 25.

www.brook.org.uk

Twlsyn Brook 24/7:
https://www.brook.org.uk/find-a-service/

Ask Brook 24/7 Tool :
https://www.brook.org.uk/find-a-service/

Cyngor Arweiniol Arbenigol | Specialist Guidance Advice

Citizens Advice Bureau	
Yn cynnig cyngor rhad ac am ddim, cyfrinachol a diduedd ar ystod o bynciau. https://www.citizensadvice.org.uk/wales/ **Llinell Cyngor:** 0800 702 2020	Offers free, confidential and impartial advice on a range of subjects. https://www.citizensadvice.org.uk/wales/ **Advice Line:** 0800 702 2020
LawWorks	
Darparu cyngor cyfreithiol di-dâl ac yn galluogi mynediad i gyfiawnder. https://www.lawworks.org.uk/legal-advice-individuals	Provides pro bono legal advice and enables access to justice. https://www.lawworks.org.uk/legal-advice-individuals
Speakeasy Advice Centre	
Darparu cyngor a chynrychiolaeth gyfreithiol rhad ac am ddim i bobl sy'n cael problemau gyda dyled a budd-daliadau lles mewn ardaloedd dan anfantais yn Ne Ddwyrain Cymru. https://www.speakeasy.cymru/cym **Rhif Ffôn:** 029 2045 3111 **E-bost**: info@speakeasy.cymru	Provides free legal advice and representation for people struggling with debt and welfare benefits in deprived areas of South East Wales. https://www.speakeasy.cymru/eng **Tel:** 029 2045 3111 **Email**: info@speakeasy.cymru

Camddefnyddio Sylweddau (cyffuriau), Ysmygu ac Alcohol | Substance Misuse (drugs), Smoking and Alcohol

Al-Anon	
Darparu cefnogaeth i unrhyw un y mae ei fywyd yn cael/wedi cael ei effeithio gan rywun arall yn yfed. https://al-anonuk.org.uk/	Provides support to anyone whose life is – or has been – affected by someone else's drinking. https://al-anonuk.org.uk/

Llinell Gymorth: 0800 0086 811
E-bost: helpline@al-anonuk.org.uk

Helpline: 0800 0086 811
Email: helpline@al-anonuk.org.uk

DAN

Llinell gymorth rhad ac am ddim ar gyffuriau ac alcohol i unrhyw un yng Nghymru sydd eisiau rhagor o wybodaeth neu gymorth.
https://dan247.org.uk/cy/hafan/
Rhif Ffôn: 0808 808 2234
E-bost: dan@helpline.wales

A free bilingual drug and alcohol helpline for anyone in Wales wanting further information or help.

www.dan247.org.uk
Tel: 0808 808 2234
Email: dan@helpline.wales

Frank National Drugs Helpline

Llinell gymorth 24 awr yn rhoi cyngor cyfeillgar, cyfrinachol i ddefnyddwyr cyffuriau, defnyddwyr toddyddion, eu ffrindiau, eu teuluoedd a gofalwyr.
www.talktofrank.com
Llinell Gymorth: 0300 123 6600
Neges destun: 82111

A 24 hour helpline providing friendly, confidential advice to drug users, solvent users, their friends, families and carers.
www.talktofrank.com
Helpline: 0300 123 6600
Text: 82111

Drinkline

Darparu cyngor a gwybodaeth i rai sy'n ffonio ac sy'n poeni am faint y maen nhw neu aelodau o'u teuluoedd neu ffrindiau yn ei yfed.
https://www.drinkaware.co.uk/
Llinell Gymorth: 0300 123 1110

Provides advice and information to callers worried about their own drinking, or that of family or friends.

https://www.drinkaware.co.uk/
Helpline: 0300 123 1110

New Link Wales: Axis all Areas

Darparu cyngor a chefnogaeth i unigolion a theuluoedd o fewn cymunedau lleiafrifoedd ethnig du sydd wedi eu heffeithio gan y ffaith eu bod nhw neu rywun arall yn cymryd cyffuriau neu alcohol. Mae gwybodaeth ar gael mewn Saesneg, Urdu, Bengali, Arabeg, Somali, Ffrangeg a Farsi.
www.newlinkwales.org.uk
Rhif Ffôn: 02920 529002

Provides advice and support to individuals and families within black minority ethnic communities affected by their own or someone else's drug and alcohol misuse. Information is available in English, Urdu, Bengali, Arabic, Somali, French and Farsi.

www.newlinkwales.org.uk
Tel: 02920 529002

Cardiff Alcohol and Drug Team

Darparu cymorth ymarferol, arweiniad, cwnsela a gofal yn y gymuned i bobl sydd â phroblemau cyffuriau ac alcohol a'u teuluoedd. Mae darpariaeth y Tîm Cwnsela yn cynnwys Caerdydd yn unig.
Rhif Ffôn: 029 20788300

Provides practical help, guidance, counselling and community care for people with drug and alcohol problems and their families. Counselling Team provision only covers Cardiff.
Tel: 029 20788300

Kaleidoscope Project

Darparu cefnogaeth i bobl sydd â phroblemau â chyffuriau ac alcohol, drwy eu galluogi i wneud newidiadau positif yn eu bywydau.
https://kaleidoscope68.org/cy/
Rhif Ffôn Cenedlaethol: 01633 811950

Provides support to people with drug and alcohol problems, enabling them to make positive changes in their lives.

https://kaleidoscope68.org/
National Tel: 01633 811950

Hunanladdiad | Suicide

Campaign Against Living Miserably (CALM)

Darparu gwasanaeth i osgoi hunanladdiad ymhlith pobl. Mae galwadau'n gyfrinachol ac yn ddienw.
www.thecalmzone.net
Rhif Ffôn: 0800 58 58 58

Provides a service for the prevention of suicides. Calls are confidential and anonymous.
www.thecalmzone.net
Tel: 0800 58 58 58

Papyrus / HopeLine UK

Darparu gwasanaeth i osgoi hunanladdiad ymhlith pobl ifanc, i bobl sy'n poeni amdanyn nhw'u hunain neu bobl y maent yn eu hadnabod.
https://www.papyrus-uk.org/
Rhif Ffôn: 0300 102 2470

Provides a service for the prevention of young suicides, for people worried about themselves or someone they know.
https://www.papyrus-uk.org/
Tel: 0300 102 2470

Diweithdra | Unemployment

Working Wales

Mae Cymru'n Gweithio yn cynnig cyngor a chyfarwyddyd gyrfaoedd diduedd yn rhad ac am ddim os ydych yn 16 oed neu'n hŷn.
https://cymrungweithio.llyw.cymru/
Rhif Ffôn: 0800 028 4844

Working Wales offers free and impartial careers advice and guidance if you are aged 16 or above.

https://workingwales.gov.wales/
Tel: 0800 028 4844

Universal Jobmatch

Darparu cymorth i ddod o hyd i swydd. Mae'r gwasanaeth hwn yn gofyn i ddefnyddwyr gofrestru ar-lein.
https://www.gov.uk/chwilio-am-swydd

Provides help with finding a job. This service requires users to register online.

www.gov.uk/jobsearch

Jobcentre Plus

Cysylltu â'ch Canolfan Byd Gwaith lleol
Ffôn: 0345 604 4248
Ffôn testun: 0345 608 8551
Llinell Saesneg: 0345 604 3719
(Dydd Llun i ddydd Gwener, 8am i 6pm)
https://find-your-nearest-jobcentre.dwp.gov.uk/

Contact your nearest Jobcentre Plus
Tel: 0345 604 3719
Text: 0345 608 8551
Welsh language: 0345 604 4248
(Mon to Fri, 8am to 6pm)
https://find-your-nearest-jobcentre.dwp.gov.uk/

Ceisiadau newydd am fudd-dal
Ffôn: 0800 012 1888
Ffôn testun: 0800 023 4888
Llinell Saesneg: 0800 055 6688
(Dydd Llun i ddydd Gwener, 8am i 6pm)

New benefit claims
Tel: 0800 055 6688
Textphone: 0800 023 4888
Welsh language: 0800 012 1888
(Monday to Friday, 8am to 6pm)

Cefnogaeth i Ddioddefwyr | Victim Support

BAWSO (Black Association of Women Step Out)	
Darparu cefnogaeth arbenigol i gymunedau Ethnig Du a Lleiafrifol, a hefyd i bobl sydd wedi eu masnachu a'r rhai hynny sy'n profi neu dan fygythiad o briodas orfodol a Llurguniad Genitalia Benywaidd. https://bawso.org.uk/cy/ **Cyfeiriad:** Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB **Llinell Gymorth 24 awr:** 0800 731 8147 **E-bost:** info@bawso.org.uk	Provides specialist support to Black and Minority Ethnic (BME) communities, and also to people who have been trafficked and those experiencing or at risk of forced marriage and Female Genital Mutilation. www.bawso.org.uk **Address:** Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB **Llinell Gymorth 24 awr:** 0800 731 8147 **E-bost:** info@bawso.org.uk

Victim Support	
Darparu gwasanaeth yn rhad ac am ddim i unrhyw un sydd wedi ei effeithio gan drosedd a wnaed yn eu herbyn neu rywun maen nhw'n ei adnabod - pryd bynnag y digwyddodd y drosedd neu p'un ai y'i hadroddwyd neu beidio. https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/wales/ **Llinell Gymorth:** 0808 1689 111 **De Cymru:** 0300 303 0161 **Gogledd Cymru:** 0300 303 0159	Provides free services to anyone affected by a crime committed against themselves or someone they know - regardless of when the crime happened or whether it was reported. https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/wales/ **Helpline:** 0808 1689 111 **South Wales:** 0300 303 0161 **North Wales:** 0300 303 0159

Visa a Mewnfudo | Visa and Immigration

www.gov.uk/browse/visas-immigration
https://www.gov.uk/government/organisations/uk-visas-and-immigration
https://righttoremain.org.uk/toolkit/

Citizens Advice

Gallu helpu gyda phroblemau mewnfudo.
https://www.citizensadvice.org.uk/immigration/

Can help with immigration problems.

https://www.citizensadvice.org.uk/immigration/

Dod o Hyd i Gynghorydd Mewnfudo
www.gov.uk/find-an-immigration-adviser/search-for-an-adviser

Finding an Immigration Advisor
www.gov.uk/find-an-immigration-adviser/search-for-an-adviser

Gwirfoddoli | Volunteering

Volunteering Wales

Darparu ffordd gyflym o ddod o hyd i gyfleoedd gwirfoddoli.
https://www.gwirfoddolicymru.net/

Provides a quick way to find volunteering opportunities.
www.volunteering-wales.net

WCVA (Wales Council for Voluntary Action)

Cyngor Gweithredu Gwirfoddol Cymru. Cynrychioli ac ymladd dros sefydliadau, gwirfoddolwyr a chymunedau gwirfoddol.
https://wcva.cymru/volunteering/
Cyfeiriad: One Canal Parade, Dumballs Road, Cardiff, CF10 5BF
Rhif Ffôn: 0300 111 0124

Wales Council for Voluntary Action. Represents and campaigns for voluntary organisations, volunteers and communities.
https://wcva.cymru/volunteering/
Address: One Canal Parade, Dumballs Road, Cardiff, CF10 5BF
Tel: 0300 111 0124

C3SC (Cardiff Third Sector Council)

Cefnogi ymddiriedolwyr a gwirfoddolwyr yn eu gwaith, a hyrwyddo cyfleoedd i ddod yn wirfoddolwr.
www.c3sc.org.uk
Rhif Ffôn: (029) 2048 5722
E-bost: enquiries@c3sc.org.uk

Supports trustees and volunteers in their work, and promotes opportunities to become a volunteer

www.c3sc.org.uk
Tel: (029) 2048 5722
Email: enquiries@c3sc.org.uk

Lles | Wellbeing

Healthy Working Wales	
Darparu cefnogaeth i gynorthwyo pobl oed gweithio yng Nghymru i gadw'n heini ac yn iach fel y gallan nhw aros mewn cyflogaeth neu fynd yn ôl i'r gwaith ar ôl cyfnod o salwch. https://iacharwaith.cymru/	Provides support to help people of working age in Wales to stay fit and healthy so they can remain in employment, or return to work following a period of ill health. https://healthyworking.wales/

Cefnogaeth yn y gweithle | Workplace support

TUC	
Ymgrchu dros fargen deg yn y gwaith a chyfiawnder cymdeithasol gartref a thramor. www.tuc.org.uk Dewch o hyd i'r Undeb iawn i chi: https://www.tuc.org.uk/join-a-union	Campaign for a fair deal at work and for social justice at home and abroad. www.tuc.org.uk Find the right Union for you: https://www.tuc.org.uk/join-a-union