

# Cymorth iechyd meddwl i bobl ifanc

The logo for meddwl.org, featuring the text 'meddwl' in a bold, lowercase font, followed by '.org' in a smaller font, all contained within a white speech bubble shape.

**meddwl.org** | @gwefanmeddwl | facebook.com/meddwl  
*Cymorth, gwybodaeth a phrofiadau am iechyd meddwl yn Gymraeg*

**Samariaid** | samaritans.org | 116 123 (Saesneg, 24/7)  
0808 164 0123 (Cymraeg, 7pm - 11pm)  
*Llinell gymorth am ddim*

**C.A.L.L** | callhelpline.org.uk | 0800 132737 | 81066  
*Llinell gymorth drwy ffôn a tecst am ddim 24/7*

**Shout** | giveusashout.org | 85258  
*Gwasanaeth tecst 24/7 am ddim*

**Childline** | childline.org.uk | 0800 1111 | e-bost | sgwrsio ar-lein  
*Llinell gymorth am ddim 24/7 i blant a phobl ifanc*

**Meic Cymru** | meiccymru.org | 080880 23456 | 84001 | sgwrsio ar-lein  
*Llinell gymorth am ddim i blant a phobl ifanc, 8am - 12am*

**Papyrus** | papyrus-uk.org | 0800 068 41 41 | 07860 039 967  
*Cymorth a chefnogaeth am atal hunanladdiad ymhlith pobl ifanc*

**Mind Cymru** | mind.org.uk  
*Cyngor a gwybodaeth am amrywiaeth o faterion iechyd meddwl*

**Young Minds** | www.youngminds.org.uk  
*Cymorth a chefnogaeth iechyd meddwl i bobl ifanc*

**Rhagor o gymorth: [meddwl.org/cymorth](https://www.meddwl.org/cymorth)**

*Does dim rhaid i ti ddelio gyda  
phopeth ar ben dy hun*

meddwl.org

**Cruse** | [cruse.org.uk](http://cruse.org.uk) | 0808 808 1677 | sgwrsio ar-lein  
*Cefnogaeth a gwybodaeth am farwolaeth a galar*

**The Mix** | [themix.org.uk](http://themix.org.uk) | 0808 808 4994 | sgwrsio ar-lein  
*Llinell gymorth a chefnogaeth i bobl ifanc dan 25 oed, 3pm - 12am*

**Beat** | [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)  
*Cefnogaeth a gwybodaeth am anhwylderau bwyta*

**Stonewall Cymru** | [stonewallcymru.org.uk/cy](http://stonewallcymru.org.uk/cy)  
*Gwybodaeth a chymorth i bobl LHDT+*

**DPJ Foundation** | [thedpjfoundation.co.uk](http://thedpjfoundation.co.uk) | 0800 587 4262  
*Llinell gymorth 24/7 i bobl mewn cymunedau gwledig ac ym  
myd amaeth*

Os wyt ti'n poeni am dy iechyd meddwl, y cam cyntaf i gael help proffesiynol yw siarad gyda **meddyg teulu**. Os oes gen ti broblem ddifrifol sy'n fygythiad i fywyd, ffonia 999

**Rhagor o gymorth: [meddwl.org/cymorth](http://meddwl.org/cymorth)**

