



Llinell Gymorth Live Fear
Byw Heb Ofn Free Helpline

0808 80 10 800 CONVO

ffôn • tecst • sgwrsio byw • ebost
call • text • live chat • email



Domestic abuse, sexual violence and/or other forms of violence against women can affect us all. If you need help, support or are concerned about someone, we are here to talk over the phone, online or via email any time of the day or night. For confidential information, advice or support contact the Live Fear Free Helpline...



Phone:

0808 80 10 800



Text:

07860 077333



Email:

info@livefearfreehelpline.wales



Webchat:

www.gov.wales/live-fear-free

Your local specialist support service is:



CYMORTH I FENYWOD
CYFANNOL
WOMEN'S AID



cyfannol.org.uk



03300 564456



cyfannol.org.uk/contact

@LiveFearFree

LanguageLine
Solutions®



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government


Cymorth i Ferched Cymru
Welsh Women's Aid



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Gall cam-drin domestig, trais rhywiol a/neu ffurfiau eraill o drais yn erbyn merched effeithio ar bawb ohonom. Os ydych angen help, cymorth neu'n bryderus am rywun, rydym yma i siarad dros y ffôn, ar-lein neu drwy e-bost ar unrhyw adeg o'r dydd neu'r nos. Am wybodaeth gyfrinachol, cymorth neu gefnogaeth cysylltwch â'r llinell gymorth Byw Heb Ofn...



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Eich gwasanaeth arbenigol lleol yw:



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