



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.

Calling the Live Fear Free Helpline gives you access to:



Someone to talk to.



A safe place to stay.



Local support.



Specialist counselling.



Practical information about your rights and entitlements.



Referrals to specialist agencies to help you get the right help.



Ask for language line for support in your own language.

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.

Mae galw'r llinell gymorth Byw Heb Ofn yn rhoi mynediad at:



Rhywun i drafod materion gyda.



Lle diogel i aros.



Cefnogaeth leol.



Cwrsela Arbenigol.



Gwybodaeth ymarferol am eich hawliau.



Cyfeiriadau at wasanaethau arbenigol i sicrhau eich bod yn cael y cymorth cywir.



Gallwch ofyn i ddefnyddio Language Line am gefnogaeth yn eich mamiaith.

Eich gwasanaeth arbenigol lleol yw:



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