



If you'd like to speak to someone in confidence about your physical or mental health, please contact [Meic Cymru](https://www.meiccymru.org) by visiting this website: [meiccymru.org](https://www.meiccymru.org)

Os hoffech siarad â rhywun yn gyfrinachol am eich iechyd corfforol neu feddyliol, cysylltwch â [Meic Cymru](https://www.meiccymru.org) drwy fynd i'r wefan hon: [meiccymru.org](https://www.meiccymru.org)