



Llywodraeth Cymru
Welsh Government

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WYT TI'N CAEL DY FWLIO? ARE YOU BEING BULLIED?

Dwed wrth rywun yn yr ysgol neu gartref, neu edrycha ar www.meiccymru.org i gael cyngor.
Galli di hefyd ffonio am ddim ar 08088 023456 neu decstio ar 84001. 📞

Tell someone at school or at home, or get advice at www.meiccymru.org
You can also call free on 08088 023456 or text 84001. 📞