

NI DDYLAI  
FFRINDIAU  
WNEUD I NI  
DEIMLO'N DDRWG

FRIENDS  
SHOULDN'T  
MAKE US  
FEEL UPSET



**Beth bynnag rydych chi'n ei deimlo, gall Childline helpu.**  
Rydyn ni'n rhad ac am ddim,  
a does dim rhaid i chi roi eich enw i ni.

**Whatever you're feeling, Childline can help.**  
We're free, and you don't have to tell us your name.

**childline**

**AR-LEIN, AR Y FFÔN, UNRHYW BRYD  
ONLINE, ON THE PHONE, ANYTIME**

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