



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Cymry Ifanc
Young Wales

www.cymru.gov.uk



gwybodaeth, cyngor a chymorth ar gyfer eich bywyd
information, advice and support for your life.

am ddim / cyfrinachol / i chi / 0-25
free / confidential / for you / 0-25

www.meiccymru.org

like to say?

school

family

grab the **meic**

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ffôn/phone
080880 23456

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www.meiccymru.org

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Yrddraeth Cyballod Cymru
Welsh Assembly Government
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in a tangle...?
grab the

meic



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IN A TANGLE ... ? GRAB THE MEIC*!

Meic is the new helpline for children and young people in Wales from the Welsh Assembly Government. Meic is a confidential and free helpline which can help you with a range of issues from: family/friend problems, housing issues, bullying, health and work worries, where to go for help in your area or as a place to get something off your chest.

Talk to Meic, who can help you get others to see things from your point of view.

We are open 24hrs, seven days a week. Contact us in Welsh or English by phone, email, text or instant messaging.

*Meic is short for meicroffon, which is Welsh for microphone, don't you know!

WEDI DRYSU ... ? GAFAELWCH YN Y MEIC*!

Meic ydy'r llinell gymorth newydd i blant a phobl ifanc yng Nghymru gan Lywodraeth Cynulliad Cymru. Mae Meic yn llinell gyfrinachol, rhad ac am ddim sydd yn gallu helpu gyda bob math o faterion: problemau efo teulu/frindiau, materion tai, bwlio, pryderon iechyd a gwaith, lle i fynd am help yn eich ardal chi neu fel lle i gael lleisio pryderon.

Siaradwch â Meic, gall helpu gael eich safbwynt ar draws i eraill.

Rydym ar agor, 24 awr, saith diwrnod yr wythnos. Cysylltwch yng Nghymraeg neu'n Saesneg ar y ffôn, e-bost, neges testun neu negeseua sydyn (IM).

*Mae Meic yn fyr am meicroffon wyddoch chi!



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