



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

Cymry Ifanc  
Young Wales

[www.cymru.gov.uk](http://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](http://www.meiccymru.org)

What do you  
like to say?

school

family

grab the **meic**



beth  
hoffech chi  
ei ddweud?

**meic**

ffôn/phone  
080880 23456

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84001

im/gwe/im/web  
www.meiccymru.org

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www.cymru.gov.uk

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in a tangle...?  
grab the **meic**

**meic**



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84001 CHAT/IM www.meiccymru.org



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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're open from midday to 8pm, 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 o hanner dydd tan 8yh, 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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