

**Yn unig?
Yn bryderus?
Dan straen?**

**Mae help ar
gael ar ffurf
neges testun.**

Anfon neges testun

JOURNEY

at

85258

**Am ddim. Cyfrinachol.
Pryd bynnag y bydd
arnoch ein hangen ni.**

**Lonely?
Anxious?
Stressed?**

**Support is
just a text
away.**

Text

JOURNEY

to

85258

**Free. Confidential.
Whenever you need us.**

Supported by • Cefnogir gan

