



Tin wuch!  
You're out of this world!



# Llinell gymorth i blant a phobl ifanc Cymru

Gwybodaeth - Cyngor  
Eiriolaeth

Ffôn  
WhatsApp  
Sgwrs Ar-lein

Cyfrinachol ac am ddim

# Helpline for children & young people in Wales

Information - Advice  
Advocacy

Phone  
WhatsApp  
Online Chat

Free and confidential

080 880 23456  
[www.meic.cymru](http://www.meic.cymru)

