

# Problemau bywyd yn eich poeni? Are life's problems getting you down?



Gall presgripsiynu cymdeithasol eich helpu chi i gael y cymorth sydd ei angen arnoch chi pan fydd ei angen arnoch chi.

Social prescribing can help you to get the support you need, when you need it.

Teimlo'n unig? Problemau ariannol? Penderfyniadau mawr bywyd yn eich poeni? Teimlo dan straen, yn orbryderus neu'n isel?

Gall presgripsiynu cymdeithasol eich helpu chi i ddelio â rhai o'r pethau yn eich bywyd sy'n gallu gwneud i chi deimlo'n drist neu'n bryderus.

Dysgwch sut allwch chi gael cymorth gan eich cymuned leol, o gyngor ariannol i ymwybyddiaeth ofalgar.

Feeling lonely? Having money problems? Are big life decisions making you worry? Feeling stressed, anxious or depressed?

Everyone needs a bit of help from time to time.

Find out how you can get a range of support from your local community, from money advice to mindfulness.

I gael rhagor o wybodaeth  
For more information

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Cysylltwch os am gael gwybod mwy.  
Get in touch to find out more.