

A yw eich partner yn:



- rheoli pwy rydych chi'n ei weld a ble rydych chi'n mynd
- monitro eich cyfryngau cymdeithasol
- eich beirniadu ac yn eich digalonni
- eich bychanu
- pwnio waliau neu'n torri pethau
- cymryd benthyciadau neu gardiau credyd yn eich enw chi

EICH RHIF LLINELL GYMORTH LLEOL YW:-

Mothers' UNION
Christian care for families

Mae cymorth ar gael Cymorth i
Ferched Cymru 0808 802 1414



Mae cymorth ar gael Cymorth i
Ferched Cymru 0808 802 1414



Mae cymorth ar gael Cymorth i
Ferched Cymru 0808 802 1414



Mae cymorth ar gael Cymorth i
Ferched Cymru 0808 802 1414



Mae cymorth ar gael Cymorth i
Ferched Cymru 0808 802 1414



Mae cymorth ar gael Cymorth i
Ferched Cymru 0808 802 1414

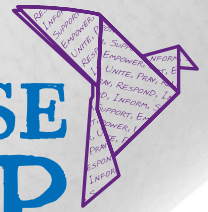


Mae cymorth ar gael Cymorth i
Ferched Cymru 0808 802 1414



Mae cymorth ar gael Cymorth i
Ferched Cymru 0808 802 1414





**RISE
UP**
against
domestic
abuse

Does your partner:

- Control who you see and where you go
- Monitor your social media
- Criticise you and put you down
- Humiliate you
- Punch walls or break things
- Take out loans or credit cards in your name

Your local helpline number is:-

Mothers' UNION
Christian care for families

Help is available.

Welsh Women's Aid 0808 80 10 800



Help is available.

Welsh Women's Aid 0808 80 10 800



Help is available.

Welsh Women's Aid 0808 80 10 800



Help is available.

Welsh Women's Aid 0808 80 10 800



Help is available.

Welsh Women's Aid 0808 80 10 800



Help is available.

Welsh Women's Aid 0808 80 10 800



Help is available.

Welsh Women's Aid 0808 80 10 800



Help is available.

Welsh Women's Aid 0808 80 10 800

