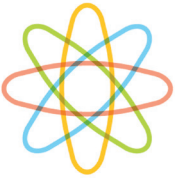




Gwasanaeth Gwybodaeth a  
Chymorth Profedigaeth Cymru  
Wales Bereavement Information  
and Support Service

**Marie  
Curie**



**diverse  
cymru**

# Ochr yn ochr â chi a'ch galar Alongside you and your grief

Mae Marie Curie a Diverse Cymru yma i'ch cefnogi i gael yr help sydd ei angen arnoch ar ôl i rywun farw.

Marie Curie and Diverse Cymru are here to support you get the help you need after someone dies.



## Cwmsela profedigaeth

Os yw rhywun rydych chi'n ei adnabod wedi marw o salwch terfynol, gallwch gael cwmsela profedigaeth rhad ac am ddim gyda chwmselydd cymwys dros y ffôn, yn rhithwir neu wyneb yn wyneb (yn amodol ar leoliad).



## Bereavement counselling

If someone you know has died from a terminal illness, get free bereavement counselling with a qualified counsellor over the phone, virtually or face to face (subject to location).



## Cymorth mewn grŵp

Mae rhai pobl yn teimlo bod cwrrdd â phobl eraill mewn profedigaeth mewn grŵp cymorth yn eu helpu i dderbyn eu teimladau eu hunain. Dewch o hyd i le diogel i gwrdd ag eraill sy'n profi galar yn eich ardal.



## Group support

Some people find meeting with other bereaved people in a support group helps them come to terms with their own feelings. Find a safe space to meet with others going through grief near you.



## Cymorth Parhaus dros y ffôn

Gwasanaeth cenedlaethol rhad ac am ddim yw Gwasanaeth Profedigaeth Marie Curie sy'n cynnig cymorth parhaus, gan yr un gwirfoddolwr, dros y ffôn. Nid gwasanaeth cwmsela ydyw, ond lle diogel i siarad a rhannu'ch teimladau.



## Ongoing support over the phone

The Marie Curie Bereavement Service is a free, national service offering ongoing support, from the same volunteer, over the phone. It's not a counselling service, but a safe place to talk and share your feelings.



## Gwybodaeth ddefnyddiol

Mae colli rhywun agos yn effeithio ar bawb yn wahanol. Mae gennym adnoddau i'ch helpu i ymdopi'n emosiynol, yn ogystal â delio â'r ochr ymarferol o golli rhywun agos atoch.



## Helpful information

Losing somebody close affects everyone differently. We have resources to help you cope emotionally, as well as handle the practical side of losing someone close to you.



**0800 090 2309**



**[mariecurie.org.uk/bereavementwales](http://mariecurie.org.uk/bereavementwales)**



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**Lywodraeth Cymru**  
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