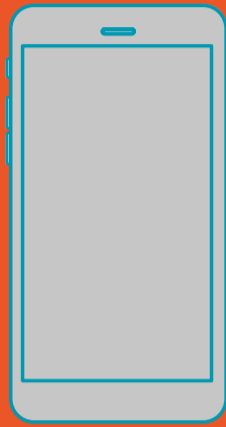


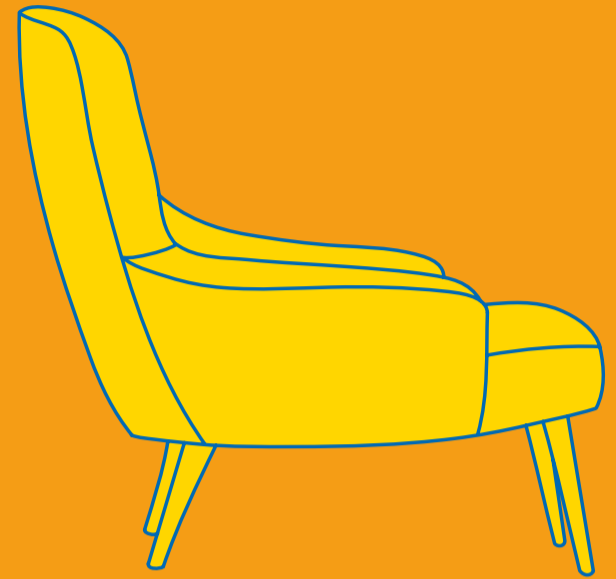
Rwyf newydd gael gwybod
bod gennyf salwch terfynol.
Sut rwy'n dweud wrth bobl?

I've just found out I've got a
terminal illness.
How do I tell people?



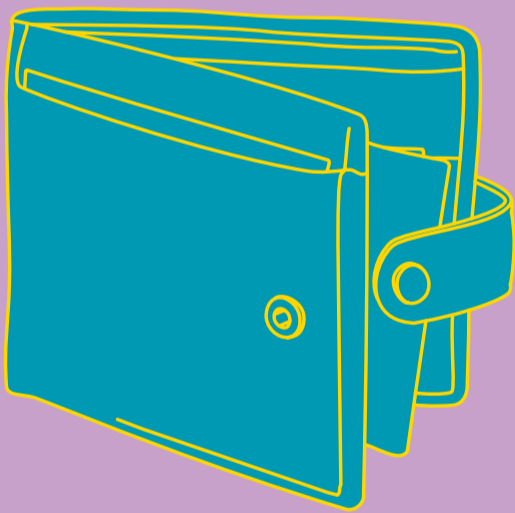
A yw'n bosibl i'm
tad farw gartref?

Is it possible for my
dad to die at home?



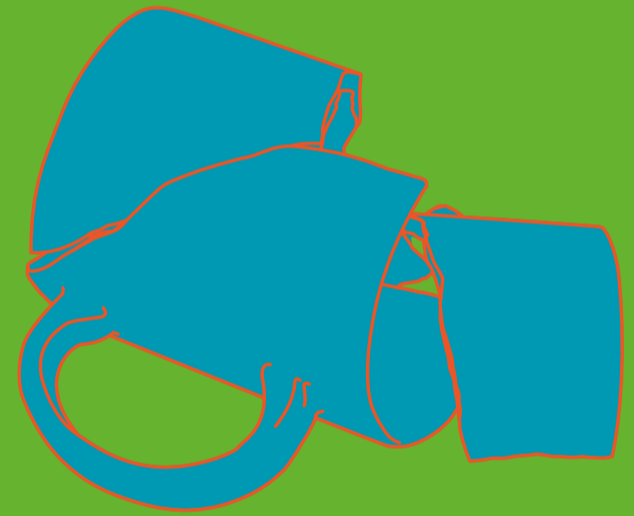
Rwyf wedi gorfod gadael
fy swydd. Sut byddaf yn
ymdopi?

I've had to quit my job.
How will I get by?



Rwy'n teimlo'n grac iawn.
A yw hyn yn normal?

I feel so angry.
Is this normal?



Ni waeth beth yw'ch
cwestiwn, rydym yma i helpu

P'un a yw salwch terfynol yn effeithio arnoch chi, aelod o'r
teulu neu ffrind, gall Marie Curie eich helpu drwy roi'r holl
wybodaeth ymarferol a'r cymorth emosiynol sydd eu hangen
arnoch, o'r adeg y cewch ddiagnosis a phryd bynnag y mae
angen ein help arnoch.

**Gofynnwch eich cwestiwn dros y ffôn,
mewn e-bost, ar y cyfryngau cymdeithasol
neu wrth gael sgwrs fyw**

Ffoniwch **0800 090 2309***
am ddim rhwng 8am a 6pm o ddydd Llun i
ddydd Gwener a rhwng 11am a 5pm ar ddydd
Sadwrn

*Mae galwadau o linellau tir a ffonau symudol yn rhad ac am ddim.
Gellir recordio'ch galwadau at ddibenion hyfforddi a monitro.

Fel arall, ewch i mariecurie.org.uk/support



Whatever your question,
we're here to help

Whether you, a family member or a friend is affected
by terminal illness, Marie Curie can help you with all
the practical information and emotional support you
need. Right from diagnosis and whenever you need us.

**Ask away via phone, email, social media
and live chat**

Call free **0800 090 2309***
Monday to Friday 8am to 6pm, Saturday
11am to 5pm

*Calls are free from landlines and mobiles. Your calls may be
recorded for training and monitoring purposes.

Or visit mariecurie.org.uk/support