

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



Gwasanaethau Gwybodaeth a Chymorth
Profedigaeth Marie Curie Cymru

Marie Curie Wales Bereavement
Information and Support Service

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



Cwmsela profedigaeth

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



Cymorth mewn grŵp

Mae rhai pobl yn teimlo bod cwrdd 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.



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.



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.



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).



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.



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.



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

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mariecurie.org.uk/bereavementwales



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