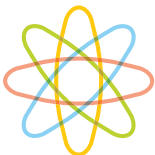




Gwasanaethau Gwybodaeth a Chymorth
Profedigaeth Marie Curie Cymru

Marie Curie Wales Bereavement
Information and Support Services

Cymorth profedigaeth Bereavement support



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Lywodraeth Cymru
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Cwmsela profedigaeth

Mae galar yn ymateb naturiol i golli rhywun sy'n bwysig i chi. Mae profiad pawb o alar yn unigol, a gallai effeithio arnoch mewn gwahanol ffyrdd ar wahanol amseroedd.

Efallai y byddwch yn teimlo nad ydych chi'n galaru'n gywir, neu eich bod chi'n ymateb i'r brofedigaeth yn wahanol i aelod arall o'r teulu neu ffrindiau. Efallai y byddwch yn ei chael hi'n anodd ymdopi â'ch emosiynau ac yn teimlo fel na allwch chi ymdopi â'ch bywyd o ddydd i ddydd. Os ydych chi'n profi'r teimladau hyn, mae'n bwysig gofyn am gymorth.

I rai, gall cwmsela fod yn ddefnyddiol ar ôl profedigaeth. Os ydych chi'n teimlo gallai cwmsela profedigaeth fod o fudd i chi, gallwch chi ein ffonio

ni ar **0800 090 2309*** neu ymweld â Gwasanaeth Gwybodaeth a Chymorth Profedigaeth Cymru ar mariecurie.org.uk lle gallwch gwblhau ffurflen atgyfeirio ar-lein neu siarad ag aelod o'r tîm gan ddefnyddio ein nodwedd sgwrsio ar-lein.

Cynigir cwmsela ledled Cymru gyda chwmselydd cymwys. Gellir ei ddarparu wyneb-yn-wyneb lle bo ar gael, dros y ffôn neu'n rhithwir.

Gwasanaeth Cymorth Profedigaeth Marie Curie

Os hoffech siarad â rhywun ar ôl profedigaeth, rydym yma i chi.

Mae Gwasanaeth Profedigaeth Marie Curie yn wasanaeth cenedlaethol rhad ac am ddim dros y ffôn ar gyfer pobl a allai fod eisiau cael cymorth parhaus, gan yr un gwirfoddolwr, dros y ffôn.

Er nad yw'n wasanaeth cwmsela, gall y gwasanaeth ddarparu clust i wrando a lle diogel i siarad am eich colled a sut rydych chi'n teimlo. Gallwch gael mynediad at hyd at chwe sesiwn dros y ffôn o hyd at 45 munud.

P'un a oedd eich profedigaeth yn ddisgwyliedig, yn ddiweddar neu beth amser yn ôl, gallwn ni helpu. Gallwch chi ein ffonio ni ar **0800 090 2309*** neu fynd i mariecurie.org.uk/help



Bereavement counselling

Grief is a natural response to losing someone you care about. Everyone's experiences of grief are individual, and it may affect you in different ways at different times.

You might feel that you aren't grieving properly, or that you are responding differently to the bereavement than another family member or friend. You might be struggling with your emotions and feel like you can't cope with your day-to-day life. If you're experiencing these feelings, it's important to get support.

For some, counselling can be helpful following a bereavement. If you think you might benefit from bereavement counselling, you can call us on

0800 090 2309* or visit the Wales Bereavement Information and Support Service on mariecurie.org.uk where you can fill in an online referral form or speak to one of the team using our online chat function.

Counselling is offered throughout Wales with a qualified counsellor. It can be delivered face to face where available, by telephone or virtually.

Marie Curie Bereavement Support Service

If you want to talk to someone following a bereavement, we're here for you.

The Marie Curie Bereavement Service is a free, national telephone-based service for people who might want to have ongoing support, from the same volunteer, over the phone.

Whilst not a counselling service, the service can provide you with a listening ear and a safe space to talk about your loss and how you are feeling. You can access up to six telephone sessions of up to 45 minutes.

Whether your bereavement was expected, happened recently or was some time ago, we can help. You can call us on **0800 090 2309*** or visit mariecurie.org.uk/help

* Ewch i mariecurie.org.uk/support i weld yr oriau agor.
Mae galwadau am ddim o linellau tir a ffonau symudol. Mae'n bosib y
bydd eich galwad yn cael ei recordio at ddibenion hyfforddi a monitro.
Mae galwadau'n gyfrinachol. Mae'r gwasanaeth hwn ar gael i oedolion

* Visit mariecurie.org.uk/support for opening times.
Calls are free from landlines and mobiles. Your call may be recorded for
training and monitoring purposes. Calls are confidential. This service is
available for adults aged 18 or above.