



Llywodraeth Cymru  
Welsh Government



Live Fear Free Helpline  
Llinell Gymorth  
Byw Heb Ofn  
**0808 80 10 800**

Falle wnes i ddim  
dangos hynny ar y pryd

...ond dw i'n falch  
wnest ti fy helpu.

**Dyma fi, yn dysgu byw heb ofn**

# **Paid cadw'n dawel**

**Wnaiff Cymru ddim derbyn trais yn erbyn menywod,  
trais domestig na thrais rhywiol.**

Cer i **bywhebofn.llyw.cymru** neu **ffonia'r llinell gymorth**  
am gyngor a chymorth cyfrinachol 24-awr.



#CymruYnErbynTrais

bywhebofn.llyw.cymru



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I might not have  
shown it at the time

...but I'm grateful  
you helped me.



This is me, learning to live fear free

# Don't be a bystander

Wales will not stand by or accept violence against women,  
domestic abuse or sexual violence.

Visit [livefearfree.gov.wales](https://livefearfree.gov.wales) or call the helpline  
for 24-hour confidential advice and support.



#WalesWontStandBy

[livefearfree.gov.wales](https://livefearfree.gov.wales)