



Llywodraeth Cymru  
Welsh Government

Wuxuu ugu  
hanjabay inuu  
dawooyinkeeda  
ka qaadayo

Lamaanahayga ayaa wuxuu  
rabaa in baraha bulshada  
iga saaro

Waxa uu  
kantaroolaa  
Baasaaboorkeeda

Waxay  
markastaba  
rabtaa inay  
ogaato meesha  
uu joogo.

Taasi **ma aha jaceyl. Tani waa xukumid.**

Dabeecadda kantarooliddu waa nooc ka mid  
ah xadgudubka.

**La soo xidhiidh Live Fear Free.**

Chat-ka tooska ayaa bogga laga heli karaa 24 maalintii, 7 maalmood todobaadkii.

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



Live Fear  
Free Helpline

Llinell Gymorth  
Byw Heb Ofn

**0808 80 10 800**



#RheolaethYwHyn  
#ThisIsControl