

Gamblo Problemus Problem Gambling

A yw gamblo'n amharu ar y bywyd rydych chi am ei fyw?

Mae gamblo problemus yn effeithio ar fwy o bobl nag yr ydych chi'n meddwl - does dim rhaid i chi wneud hyn ar eich pen eich hun.

Am sgwrs gyfrinachol siaradwch â:

neu cysylltwch â'r llinell gymorth gamblo genedlaethol sydd ar agor 24/7 0808 8020 133

Mae eich undeb yno i chi.

Llinell Gymorth Gamblo
Genedlaethol

0808 8020 133
www.GamCare.org.uk

Is gambling getting in the way of the life you want to live?

Problem gambling affects more people than you'd think- you haven't got to do this alone.

For a confidential chat speak to :

or contact the national gambling helpline which is open 24/7 0808 8020 133

Your union is there for you.

National Gambling
Helpline

0808 8020 133
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