

Poeni am Anffurfio Organau Cenhedlu
Benywod (FGM)? Hoffech chi siarad
â rhywun i gael deall yn well?

Are you worried about female genital
mutilation (FGM) and want to talk to
someone to understand more?



Ffoniwch neu e-bostiwch y llinell gymorth os ydych yn
dioddef, neu'n poeni bod risg i blentyn neu i chi'ch hun.

Call or e-mail the free FGM helpline if you are suffering,
or are concerned about a child or yourself being at risk.

0800 028 3550 fgmhelp@nspcc.org.uk

Cyngor ar gael ddydd a nos,
yn ddienw ac am ddim

It's free, anonymous,
and we're here 24/7



Addysgu,
Atal,
Dileu...

Educate,
Prevent,
Eradicate...