

**MAE SIÂN YMA Y RHAN  
FWYAF O NOSWEITHIAU.**



Llywodraeth Cymru  
Welsh Government

**SIÂN IS HERE MOST NIGHTS.**

**Shelter**  
Cymru

**NID YW POBL  
DDIGARTREF  
WASTAD YN BYW  
AR Y STRYD.**

Os ydych chi, neu rywun yr ydych chi'n ei adnabod, mewn perygl o wynebu digartrefedd cudd neu'n ei wynebu'n barod, cysylltwch â Shelter Cymru:

[sheltercymru.org.uk/  
cy/digartrefeddcudd](https://sheltercymru.org.uk/cy/digartrefeddcudd)

**08000 495 495**

Nid yw hi byth yn rhy hwyr  
nac yn rhy gynnar i gael help.

**#DigartrefeddCudd**

**HOMELESSNESS  
DOESN'T ALWAYS  
LIVE ON THE  
STREETS.**

If you, or someone you know, is at risk of or is experiencing hidden homelessness, contact Shelter Cymru:

[sheltercymru.org.uk/  
hiddenhomelessness](https://sheltercymru.org.uk/hiddenhomelessness)

**08000 495 495**

It's never too late  
or too early to get help.

**#HiddenHomelessness**

**MAE RHYS YN AROS GYDA  
FFRIND ETO YR WYTHNOS HON.**



Llywodraeth Cymru  
Welsh Government

**RHYS IS STAYING WITH A  
FRIEND AGAIN THIS WEEK.**

**Shelter**  
Cymru

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