

CHOICES

Drugaid

Ydych chi o dan 18 ac yn byn yng ōr Benfro, ōr
Gaerfyrddin a Cheredigion?

YDYCH CHI AM WYBOD MIWY AM CYFFURIAU AC ALCOHOL?

YDYCH CHI'N NABOD RHYWUN ARALL SY'N
DEFNYDDIO CYFFURIAU NEU ALCOHOL?

YDYCH CHI EISIAU CHEFNOGAETH AR GYFER EICH
DEFNYDD EICH HUN O CYFFURIAU NEU ALCOHOL?

Gallwch dderbyn gwybodaeth a chefnogaeth ar gyfer
alcohol, canabis a / neu unrhyw ddefnydd sylmedd arall.

Gall y cymorth hwn gynnwys:

SESIYNAU 1:1 GYDA'CH GWEITHIWR HUN
(GWRYW NEU FENYW)

GWAITH GRŴP, GAN GYNNWYS ADDYSG CYFOEDION,
GRŴPIAU GWETHGAREDD, SGILIAU BYWYD

GWAITH TEULU

CYMORTH A CHEFNOGAETH I GAEL MYNEDIAD
AT ASiantaethau Eraill.

Mae cymorth ar gael pa gam bynnag rydych yn eich defnydd o sylweddau a gallwch siarad â'ch
gweithiwr am bopeth sy'n digwydd i chi - nid dim ond cyffuriau ac alcohol! Os mai dim ond
e-wybodaeth yr ydych yn chwilio amdano, mae hynny'n iawn hefyd!

Gallwch gysylltu a' ōr tîm Choices am gefnogaeth a
gwybodaeth diemw a chyfeillgar:

Gallwch ni ar **01554 755779** i siarad yn uwngyrchol gyda aelod o'r tîm

tegstiwch ni ar **07896 248911** ac fe wnawn eich tebstio neu ffonio nol.

Gallwch hefyd ymweld â'n gwefan ar **www.drugaidcymru.com**



CHOICES CYMRU



@CHOICESCYMRU

MAE'R TÎM
AR GAEL O

ddydd Llun hyd ddydd
Gwener o 9 tan 5

Gellif hefyd wneud apwyntiadau
y tu allan i'r oriau hyn

CHOICES

Drugaid

Are you under 18 and living in Ceredigion, Pembrokeshire
and Carmarthenshire?

DO YOU WANT TO KNOW MORE ABOUT DRUGS AND ALCOHOL?

DO YOU KNOW SOMEONE ELSE
THAT IS USING DRUGS OR ALCOHOL?

DO YOU WANT SUPPORT FOR YOUR OWN USE OF DRUGS OR
ALCOHOL?

You can receive information and support for alcohol,
cannabis and/or any other substance use

This support can include:

1:1 SESSIONS WITH YOUR OWN WORKER
(MALE OR FEMALE)

GROUP WORK INCLUDING PEER EDUCATION,
ACTIVITY GROUPS, LIFE SKILLS

FAMILY WORK

HELP AND SUPPORT TO ACCESS OTHER AGENCIES

Support is available whatever stage you are at with your substance use and you can talk to your worker about everything that is going on for you – not just drugs and alcohol! If it's just information you are looking for then that is fine too!

You can contact the choices team for friendly,
confidential information and support by doing the following:

CALL US ON **01554 755779** TO SPEAK TO ONE OF THE TEAM DIRECTLY

TEXT US ON **07896 248911** AND WE WILL CALL OR TEXT YOU BACK

VISIT OUR WEBSITE www.drugaidcymru.com



CHOICES CYMRU



@CHOICESCYMRU

**THE TEAM
IS AVAILABLE**

**Mon – Thurs 9 til 5
and Fri 9 til 4:30**

APPOINTMENTS OUTSIDE OF THESE
HOURS CAN ALSO BE ARRANGED