**Llinellau gwybodaeth a chymorth**

[Cymorth I Gartrefi](https://helpforhouseholds.campaign.gov.uk/)

[Cyngor Sir Gar](https://www.sirgar.llyw.cymru/cartref/gwasanaethaur-cyngor/cysylltu-%C3%A2-ni/)

[Banc Bwyd Rhydaman](https://ammanford.foodbank.org.uk/)

[Banc Bwyd Cross Hands](https://wwamh.org.uk/directories/cross-hands-day-centre-food-bank/)

[NRW Flood line](https://naturalresources.wales/flooding/?lang=cy)

[Dwr Cymru](https://www.dwrcymru.com/cy-gb/help-advice)

[Cyngor ar Bopeth](https://www.citizensadvice.org.uk/cymraeg/)

Cam-drin domestig – 08082000247

LiveFearFree by Welsh Women’s Aid – 08088010327

Men’s Advice Line – 08088088141

Childline Helpline by NSPCC – 0800 11 11

[Dementia UK](https://www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/?msclkid=901bc9c074b91a3b3af0ab3cc101e02b&utm_source=bing&utm_medium=cpc&utm_campaign=Dementia%20-%20Helpline%20%5BTier%201%5D&utm_term=dementia%20helpline&utm_content=Helpline%20-%20Dementia%20Helpline)

[Ynni Cartref – grantiau a budd-daliadau](https://www.ofgem.gov.uk/information-consumers/energy-advice-households/find-schemes-grants-and-benefits-help-home-energy)

[Help ariannol i teuluoedd](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Faskcpag.org.uk%2Fpublications%2F-231890%2Ffinancial-help-for-families--what-you-need-to-know--3rd-edition-&data=05%7C01%7CLaurence.Harpwood002%40gov.wales%7C1eac1d9e33b84c78f64c08dac329f423%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C638036882189710456%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=46adIA%2FC5%2FKgMEPwQZGnurDM%2Bt8ZMGd1l%2Fvw8swGA58%3D&reserved=0)

[Llawlyfr Hawliau Tanwydd](https://askcpag.org.uk/publications/-242440/fuel-rights-handbook-20th-ed)