

MAE MODD I UNRHYW DDYN

DDIODDEF O GAM-DRIN DOMESTIG



MAE MODD I UNRHYW DDYN...

- Cael ei niweidio'n gorfforol gan rywun agos.
- Cael ei reoli gan rywun agos.
- Teimlo'n unig ac ynysig.
- Teimlo'n anweledig ac wedi'i daweli.

Bydd un o bob chwe dyn

yn dioddef cam-drin domestig
yn ystod eu hoes.



Mae dros **500,000 o
ddynion bob
blwyddyn** yn dioddef
camdriniaeth gan eu partner.



Mae un dyn
bob pythefnos yn
cael ei ladd
gan bartner presennol
neu gyn-bartner.



MAE MODD I UNRHYW DDYN... GAEL CYMORTH

Os ydych chi'n dioddef o
gam-drin domestig ac angen
rhywun i siarad ag ef am gymorth
ac arweiniad, cysylltwch â ni.

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DYDYCH CHI DDIM AR
EICH PEN EICH HUN.

ANY MAN CAN:

BE A VICTIM OF DOMESTIC ABUSE



ANY MAN CAN...

- Be physically harmed by a loved one.
- Be controlled by a loved one.
- Feel alone and isolated.
- Feel invisible and silenced.

One in every six men



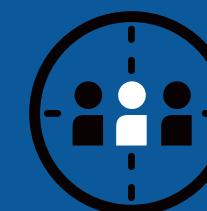
will be a victim of domestic
abuse in their lifetime.



**Over 500,000 men
every year**
suffer abuse from their partner.



One man
per fortnight is
killed by a
current or ex-partner.



ANY MAN CAN... ACCESS SUPPORT

If you are experiencing domestic
abuse and need someone to talk
to for support and guidance,
please get in touch.

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Bridgend

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Live Fear Free
(24 hour helpline)
0808 80 10 800

YOU ARE NOT ALONE.