



# GWASANAETH CWNSELA



## COUNSELLING SERVICE

Yn ystod yr amser mae ysgolion Sir Gâr ar gau, bydd cwnselwyr ysgolion Area 43 yn cynnig cwnsela o bell, fesul Zoom, plattform ar-lein gan ddefnyddio dolen tecst, clywedol neu fideo neu dros y teleffon.

I gael mynediad i gefnogaeth cwnsela, a wnewch chi gwblhau dolen hunan-gyfeirio (ar gyfer plant/pobl ifanc blwyddyn 5 ac yn hŷn) a bydd cwnselydd yn cysylltu gyda chi yn uniongyrchol.

[www.area43.co.uk/cy/cyfeirio](http://www.area43.co.uk/cy/cyfeirio)

During the time that Carmarthenshire schools are closed, Area 43's schools counsellors will be offering counselling remotely, via Zoom, an online platform using text, audio or video link or over the phone.

To access counselling support, please complete the self-referral (for children/young people from year 5 and older) and a counsellor will contact you directly.

[www.area43.co.uk/referrals](http://www.area43.co.uk/referrals)

**0800 0385778**

(efallai y codir tâl o rai ffonau symudol | may be a charge from some mobiles)

[counselling@area43.co.uk](mailto:counselling@area43.co.uk)