

Gwasanaeth neges destun (SMS) ar gyfer rhieni/gofalwyr plant 5-16 oed

SMS Text Service for parents/carers of children aged 5-16

07507 330206

**Anfonwch neges at ein
nyrsys arbenigol am
gyngor a chefnogaeth
gyda iechyd a lles eich
plentyn (oedran 5-16)**

**Text our specialist
nurses for advice &
support with your
child's health &
wellbeing (ages 5-16)**

**Pryder
Llesiant
Cyngor toiled
Imiwneiddiadau
Hwyliau isel
Straen
Hunan-niweidio
Ymddygiad
Perthnasoedd
Bwyta'n iach
a mwy...**

**Anxiety
Wellbeing
Toileting
Immunisations
Low Mood
Exam Stress
Self Harm
Behaviour
Relationships
Healthy Eating
& more...**



Text Message • SMS



bit.ly/ChatHealthPrivacy

Mae negeseuon yn cael eu hateb rhwng 9:00 - 16:00 (dim gwyliau banc). Os oes angen help arnoch yn y cyfamser, ewch i weld y Meddyg Teulu y tu allan i oriau drwy ffonio GIG 111. Os yw'n argyfwng, ffoniwch 999 neu ewch i'r adran damweiniau ac achosion brys. Texts are replied to Monday - Friday 9:00 - 16:00 (excluding bank holidays). If you need help in the meantime, visit GP out of hours by calling NHS 111. If it is an emergency, dial 999 or visit A&E.



Danfon neges / Scan to text