

Rhwydwaith Cymorth

Sefydliad	Cysylltu
GIG	www.bipba.gig.cymru/
Yfed yn Gall (Drink Aware)	www.drinkaware.co.uk
Cyfeirlyfr Cwnsela (Counselling Directory)	www.counselling-directory.org.uk
Tro Bwynt. (Turning Point)	www.turning-point.co.uk
Samaritans Cymru	Samaritans Cymru
Newid Alcohol (Alcohol Change)	www.alcoholchange.org.uk/cymraeg
Anhysbysion Alcohol (AA)	www.alcoholics-anonymous.org.uk
Cyfarfod Cymraeg Anhysbysion Alcohol.	Cyfarfod Cymraeg AA / AA Welsh Language Monthly Meeting
Mind	www.mind.org.uk/cy/ein-cynnig-cymraeg/
Shout	Destun: 85258 www.giveusashout.org