

Rydym yn cynnig gwasanaeth
CYFRINACHOL a
DI-DÂL i bobl ifanc rhwng 11 a 18 oed

Sut fedrwn ni helpu?

- ☆ Ydych chi angen gwybodaeth neu gyngor?
- ☆ A yw alcohol neu gyffuriau'n effeithio ar eich bywyd?
- ☆ Ydych chi'n defnyddio alcohol neu gyffuriau i'ch helpu gyda'ch problemau?
- ☆ Ydych chi angen cefnogaeth arbenigol e.e. un-i-un?
- ☆ Ydych chi'n poeni am rywun arall sy'n defnyddio alcohol neu gyffuriau?
- ☆ Ydych chi eisiau cymryd rhan mewn gweithgareddau a all eich helpu i roi'r gorau i ddefnyddio alcohol a chyffuriau?

Rydym ni'n gallu darparu gwaith grwp i bobl ifanc, addysg mewn ysgolion, help i rieni a hyfforddiant i weithwyr proffesiynol.

Mae'r tîm yn gweithio ar y cyd â'r
Gwasanaeth Iechyd Gwladol a CAIS

Mae'r Tîm Alcohol a Chyffuriau i Bobl Ifanc yn Wrecsam yn cynnwys ystod o weithwyr sydd â phrofiad helaeth o weithio gyda phobl ifanc.

Beth fydd yn digwydd os byddaf yn cysylltu â'r tîm?

- ☆ Byddwch yn cael eich trin â pharch ac ni fyddwch yn cael eich beirniadu mewn unrhyw ffordd.
- ☆ Byddwch yn gweld aelod o'r tîm o fewn y pum diwrnod nesaf mewn lle sy'n gyfleus ac yn gyfforddus i chi.
- ☆ Gallwch ddod ar eich pen eich hun neu gyda rhywun arall.
- ☆ Ar ôl siarad gydag aelod o'r tîm gallwn gynllunio eich cefnogaeth ar gyfer y dyfodol.

FFONIWCH:
01978 316750

YOUNG PERSON'S
DRUG AND ALCOHOL TEAM

in2change

Young Person's Guide

Victoria Young Person's Centre
13 Hill Street
Wrexham
LL11 1SN
Tel: 01978 316750



We provide a **FREE**
and **CONFIDENTIAL**

Service to young people aged 11—18 years

How can we help?

- ☆ Do you need information or advice?
- ☆ Are drugs or alcohol affecting your life?
- ☆ Are you using drugs or alcohol to help you with problems?
- ☆ Do you need specialist support e.g. one-to-one?
- ☆ Are you worried about someone else's drug and alcohol use?
- ☆ Do you want to get involved in activities that might help you take time out from your drug and alcohol use?

We can provide group work for young people, education in schools, help for parents and training for professionals.

The team is working in partnership with the National Health Service and CAIS

The Young Person's Drug and Alcohol Team in Wrexham consists of a range of workers, all of whom have a wide variety of experience of working with young people.

What will happen if I contact the team?

- ☆ You will be treated with respect and not judged in any way.
- ☆ You will be seen within the next five days at a place that is convenient and comfortable for you.
- ☆ You can come alone or with someone else.
- ☆ After speaking with a member of the team we can plan your future support.

PLEASE CALL:
01978 316750

TÎM ALCOHOL A
CHYFFURIAU I BOBL IFANC

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Canllaw i Bobl Ifanc

Canolfan Pobl Ifanc Fictoria
13 Stryt yr Allt
Wrecsam
LL11 1SN
Ffôn: 01978 316750

