



Diogelu Oedolion mewn Perygl

Diogelu yw atal cam-drin neu esgeuluso oedolion mewn perygl ac amddiffyn y rheiny sydd wedi bod yn destun cam-drin neu esgeulustod.

Pwy yw'r oedolion mewn perygl?

Mae oedolyn mewn perygl yn rhywun sydd angen cymorth gyda'i les corfforol neu emosiynol ac sydd, o ganlyniad, yn gallu bod yn agored i niwed.

Cam-drin... ydy e'n amlwg?

Gall cam-drin ddigwydd mewn sawl ffordd:

- Cam-drin corfforol
- Seicolegol
- Cam-drin ariannol
- Rhywiol
- Esgeulustod

Beth ddylwn i ei wneud?

Os ydych chi'n amau bod person mewn perygl uniongyrchol o niwed, ffoniwch **999** a siarad â'r Heddlu.

Os ydych chi wedi cael eich cam-drin, neu'n adnabod rhywun sy wedi cael ei gam-drin, ffoniwch un o'r rhifau isod:

Safeguarding Adults at Risk

Safeguarding is about preventing the abuse or neglect of adults at risk and protecting those who have been subject to abuse or neglect.

Who is an adult at risk?

An adult at risk is someone who needs support with their physical or emotional wellbeing, who as a result may be considered vulnerable.

Abuse... would I see it?

Abuse can take many forms...

- Physical
- Psychological
- Financial
- Sexual
- Neglect

What should I do?

If you suspect a person is in immediate risk of harm call **999** and speak to the police.

If you are or have been subject to abuse, or know someone who has, please contact one of the following numbers:

Rhondda Cynon Taf

01443 425003

Pen-y-bont | Bridgend

01656 642477

Merthyr Tudful | Merthyr Tydfil

01685 725000

Oriau agor | Opening Hours: **Dydd Llun | Monday - Dydd Gwener | Friday 8.30am - 5.00pm**

Carfan ar Ddyletswydd ar gyfer Argyfyngau y Tu Allan i Oriau Swyddfa:
Out of Hours Emergency Duty Team: **01443 743665**

Mae diogelu **YN FATER I BAWB**

Safeguarding is **EVERYONE'S BUSINESS**

Mae croeso i chi gyfathrebu â ni yn y Gymraeg
You are welcome to communicate with us in Welsh

