



It's perfectly okay to admit you're not okay

Everyday life can sometimes be challenging for all of us, especially now. Counselling can offer a safe space to talk about the things that are important to you or might be worrying you. You can talk to a counsellor about anything – nothing is off limits.

The **School Counselling Service – Pembrokeshire** is now able to offer online and telephone counselling sessions for young people aged 10 to 19. To book a session or find out more email: amanda.griffiths@pembrokeshire.gov.uk or phone 07879694943 during working hours.



Mae'n berffaith dderbyniol cyfaddef nad ydych chi'n iawn

Mae bywyd bob dydd yn gallu bod yn heriol i ni gyd ar adegau, yn enwedig ar hyn o bryd. Mae cwnsela'n gallu darparu gofod diogel i chi allu siarad am y pethau sy'n bwysig i chi, neu sy'n peri pryder i chi. Gallwch drafod unrhyw beth gyda'ch cynghorwr.

Mae **Gwasanaeth Cwnsela Ysgolion Sir Benfro** bellach yn darparu sesiynau cwnsela ar-lein neu dros y ffôn i bobl ifanc rhwng 10 ac 19 oed. I archebu sesiwn neu i gael mwy o wybodaeth, anfonwch neges e-bost at

amanda.griffiths@pembrokeshire.gov.uk neu ffoniwch 07879694943 yn ystod oriau gwaith.