

Domestic Abuse Helplines and Organisations within RCT and Merthyr Tydfil

Emergency	999
Police (Non Emergency)	101
All Wales Domestic Abuse Helpline (24 hours a day, 7 days a week)	0808 8010 800
Women's Aid RCT	01443 400791
Merthyr Women's Aid (Llamau)	01443 414736
Pontypridd Safety Unit	01443 494190
RCT Housing Advice Centre	01443 495188
Rhondda Cynon Taff County Borough Council	01443 425000
RCT Housing Benefit & Council Tax Enquiries	01443 425002
Merthyr Tydfil County Borough Council	01685 725000
Hafan Cymru	01443 237015
Samaritans	08457 909090
Valrec (Valleys Regional Equality Council)	01443 742704
Victim Support: Merthyr	01685 384405
Victim Support: Rhondda Cynon Taf	0845 6121900
Merthyr & The Valleys MIND	01685 707480
Too Good To Waste (Re-Usable Furniture & Household Items)	01443 680090
Citizens Advice RCT & Merthyr	03444 772020
Safer Merthyr Tydfil	01685 353999
Teulu Multi-Agency Centre	
Domestic Abuse Resource Team (DART) (freephone)	0800 389 7552/ 01685 388444
Independent Domestic Violence Advocate (IDVA) (freephone)	0800 389 7552/ 01685 388444
BAWSO Women's Floating Support	01685 375394

**You are
not alone**

   **swpolice**
south-wales.police.uk



SOUTH WALES
POLICE
HEDDLU
DE CYMRU

Llinellau Cymorth a Sefydliadau Cam-drin Domestig yn Rhondda Cynon Taf a Merthyr Tudful

Mewn argyfwng 999

Heddlu (Materion nad ydynt yn rhai brys) 101

Llinell Gymorth Cam-drin Domestig Cymru Gyfan
(24 awr y dydd, 7 diwrnod yr wythnos) 0808 8010 800

Cymorth i Fenywod Rhondda Cynon Taf 01443 400791

Cymorth i Fenywod Merthyr Tudful (Llamau) 01443 414736

Uned Diogelwch Pontypridd 01443 494190

Canolfan Cyngor ar Dai Rhondda Cynon Taf 01443 495188

Cyngor Bwrdeistref Sirol Rhondda Cynon Taf 01443 425000

Ymholiadau am Fudd-dal Tai a Threth Gyngor Rhondda Cynon Taf 01443 425002

Cyngor Bwrdeistref Sirol Merthyr Tudful 01685 725000

Hafan Cymru 01443 237015

Y Samariaid 08457 909090

Cyngor Cydraddoldeb Rhanbarthol y Cymoedd 01443 742704

Cymorth i Ddiodefwyr: Merthyr Tudful 01685 384405

Cymorth i Ddiodefwyr: Rhondda Cynon Taf 0845 6121900

MIND Merthyr Tudful a'r Cymoedd 01685 707480

Too Good To Waste (Dodrefn ac eitemau i'r tŷ y gellir eu hailddefnyddio) 01443 680090

Cyngor ar Bopeth Rhondda Cynon Taf a Merthyr Tudful 03444 772020

Merthyr Tudful Mwy Diogel 01685 353999

Canolfan Amlasiantaethol Teulu

Tîm Adnoddau Cam-drin Domestig (rhadffôn) 0800 389 7552/01685 388444

Eiriolwr Cam-drin Domestig Annibynnol (rhadffôn) 0800 389 7552/
01685 388444

Cymorth Hyblyg i Fenywod BAWSO 01685 375394

**Nid ydych chi ar
eich pen eich hun**

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