**This is not ok #ThisIsControl** campaign

Social media messages

Concerned about an unhealthy relationship? In a healthy relationship someone shouldn’t try to control you. Get advice from @LiveFearFree. Live confidential webchat is available 24 hours a day. This is not ok #ThisIsControl <https://gov.wales/ThisIsNotOK>

Poeni am berthynas nad yw'n iach? Mewn perthynas iach, ddylai eich partner ddim ceisio eich rheoli. Mae cyngor ar gael gan @bywhebofn. Mae sgwrsio byw cyfrinachol ar-lein ar gael 24 awr y dydd. Dyw hyn ddim yn iawn #RheolaethYwHyn [https://llyw.cymru/dywhynddimyniawn](https://gov.wales/ThisIsNotoOK)

Need help and advice about an unhealthy relationship? You can access @LiveFear Free 24/7:

Helpline: 0808 8010 800

Text service: 078600 77333

Email: info@livefearfreehelpline.wales

Live chat service: <https://gov.wales/ThisIsNotOK>

Angen help a chyngor am berthynas nad yw'n iach? Mae @bywhebofn ar gael ichi 24/7:

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Gwasanaeth sgwrsio byw: [https://llyw.cymru/dywhynddimyniawn](https://gov.wales/ThisIsNotoOK)