

Are you alright?

It's time we asked the question
for men's mental health

time to change

Wales

let's end mental health discrimination

Mental health problems can affect one in four people at any time. Men can find talking about mental health particularly hard, but talking is a lifeline.

It's time we asked the question for men's mental health.

Worried about a friend or loved one?

Start a conversation, ask the question, "are you alright?" and be prepared to listen.

Sometimes all it takes is talking. But, just as with physical illness, a visit to the doctor may be necessary to put things right.

Worried about your own mental health?

Talk to someone you love, a friend you trust or a GP. It's the bravest thing you might ever do.

Visit timetochangewales.org.uk for more tips on how to talk about mental health.

Whether you're experiencing mental health problems, or supporting a friend or loved one, there's help and advice you can access.

Find out more about mental health, symptoms and how to access support by visiting our website:

timetochangewales.org.uk/support

draethol
a gwrthod
modur ddiog

hafal

for recovery
from serious
mental illness

mind cymru
for better mental health
o baid gwell iechyd meddwl



What is mental health?

We all have mental health, like we all have physical health. Both change throughout our lives. And, like our bodies, our minds can become unwell. Our mental health affects the way we think and feel about ourselves and others, and how we deal with life.

Only 55% of men who reported feeling very depressed said they talked to someone about it.

CALM's Masculinity Audit 2016



It's time to change Wales!

Time to Change Wales is a campaign delivered through a partnership of two leading Welsh mental health charities:

Hafal leads the way in Wales in supporting individuals recovering from mental health illness and their families. They are managed by the people they support – individuals with serious mental illness and their carers.

Find out more: hafal.org

Mind Cymru is an organisation working to make sure everyone in Wales has access to the mental health information, support and services they need. They campaign vigorously to create a society that promotes good mental health and that challenges mental health stigma. Find out more: mind.org.uk

If you're worried about your mental health, chances are you're right to be concerned. Talking about it and finding support is the bravest thing you might ever do.

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Ariennir yn Rhannol gan
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Wyt ti'n iawn?

Mae'n amser i ni ofyn y cwestiwn

o ran iechyd meddwl dynion

Gall problemau iechyd meddwl effeithio ar un o bob pedwar o bobl ar unrhyw amser. Gall dynion ffeindio siarad am iechyd meddwl yn arbennig o anodd, ond mae siarad yn holl bwysig.

Mae'n amser i ni ofyn y cwestiwn o ran iechyd meddwl dynion.

Yn poeni am ffrind neu aelod o'r teulu?

Dechreuwch sgwrs, gofynnwch y cwestiwn, "wyt ti'n iawn?" a byddwch yn barod i wrando.

Weithiau, siarad yw'r moddion gorau. Ond, yn yr un modd â salwch corfforol, efallai bydd angen ymweliad â'r doctor i wella pethau.

Yn poeni am eich iechyd meddwl eich hun?

Siaradwch ag aelod agos o'r teulu, ffrind rydych chi'n ymddiried ynddo neu feddyg teulu. O bosib, dyna'r peth dewraf wnewch chi fyth.

Ewch i amserinewidcymru.org.uk am fwy o awgrymiadau ar sut i siarad am iechyd meddwl.

Os ydych chi'n dioddef problemau iechyd meddwl, neu'n cefnogi ffrind neu aelod teuluol, mae cymorth a chyngor ar gael.

Dysgwch fwy am iechyd meddwl, symptomau a sut i gael gfael ar gymorth trwy ymweld â'n gwefan:

amserinewidcymru.org.uk/cymorth

the national charity for recovery from serious mental illness
hafal

for better mental health
o blaidd gwell iechyd meddwl
mind Cymru

amser i newid

Cymru

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl



Beth yw iechyd meddwl?

Yn yr un modd ag ydym yn meddu ar iechyd corfforol, mae gan pob un ohonom iechyd meddwl hefyd. Mae'r ddau'n newid trwy gydol ein hoes. Ac, fel ein cyrff, gall ein meddyliau fynd yn sâl. Mae ein hiechyd meddwl yn effeithio ar y ffordd yr ydym yn meddwl ac yn teimlo amdanom ni ein hunain ac eraill, a sut yr ydym yn delio â bywyd.

Dim ond 55% o'r dynion a ddywedodd eu bod wedi teimlo'n isel iawn a siaradodd â rhywun amdano.

Archwiliad Gwrywdedd CALM 2016



Mae'n amser i newid Cymru!

Ymgyrch yw Amser i Newid Cymru a gyflwynir trwy bartneriaeth o ddwy brif elusen iechyd meddwl yng Nghymru:

Mae Hafal yn arwain y ffordd yng Nghymru wrth gefnogi'r broses o adfer unigolion a'u teuluoedd rhag salwch iechyd meddwl. Fe'u rheolir gan y bobl y maent yn eu cefnogi – unigolion sydd â salwch meddwl difrifol a'u gofalywr. Darfanfyddwch mwy: hafal.org

Mae Mind Cymru yn sefydliad sy'n gweithio i sicrhau bod gan bawb yng Nghymru fynediad at y wybodaeth iechyd meddwl, y gefnogaeth a'r gwasanaethau sydd eu hangen arnynt. Maent yn ymgyrchu'n egniol i greu cymdeithas sy'n hyrwyddo iechyd meddwl da ac sy'n herio stigma iechyd meddwl. Darganfyddwch mwy: mind.org.uk

Os ydych chi'n poeni am eich iechyd meddwl, mae'n debygol eich bod yn iawn i bryderi. Siarad amdano a dod o hyd i gefnogaeth yw'r peth dewraf wnewch chi fyth.

