

# Are you alright?

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

# Wyt ti'n iawn?

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

## time to change Wales

let's end mental health discrimination

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.

**Speak to your mental health champion**  
**Siaradwch â'ch hyrwyddwr iechyd meddwl**

**Name/Enw:**  
**Email/E-bost:**  
**Phone/Ffôn:**

## amser i newid Cymru

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

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.

[timetochangewales.org.uk](http://timetochangewales.org.uk)  
[amserinewidcymru.org.uk](http://amserinewidcymru.org.uk)

the national charity for mental health  
**hafal**

for better mental health  
o beth gwell iechyd meddwl  
**mind Cymru**

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