

# 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.

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

**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.

**hafal**

**mind cymru**  
for better mental health  
o brod gwell iechyd meddwl

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