

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

CALM's Masculinity Audit 2016

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

Archwiliad Gwrywdedd CALM 2016



**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
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 broffwr iechyd meddwl

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