

I'm all ears

Dw i'n barod i wrando



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.

 **hafa**

 **mind Cymru**
for better mental health
i bwrdd gwell iechyd meddwl

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Part Funded by
Welsh Government