

amser i newid

Cymru

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

Gall problemau iechyd meddwl effeithio ar **un o bob pedwar** person ar unrhyw adeg.

Beth am i ni ddechrau sgwrs.
amserinewidcymru.org.uk

Mental health problems
can affect **one in four**
people at any time.

Let's start a conversation.
timetochangewales.org.uk

time to change

Wales

let's end mental health discrimination