

## Mental Health Champions



**“Openly discussing mental health, without blame, is the only way to erase the stigma”**

Sharing our own experiences of mental health can remove barriers within our communities. Become a Time to Change Wales Champion to make a difference.

**time to change  
Wales**

let's end mental health discrimination

## What is a mental health Champion?

Time to Change Wales Champions are volunteers with experience of mental health problems, and are at the heart of our campaign. Starting a conversation can be a powerful way to challenge mental health stigma and start changing perceptions.

Our mental health is just as important as our physical health. Talking more openly can help us recognise this, dispelling misconceptions about mental health problems and the people who experience them.



**“Talking about depression, anxiety and everything that comes with it has helped. At first, I didn't know what to do, who to tell or what to tell them”**

## Why tackle mental health stigma?

People who experience mental illness often face stigma and discrimination socially, within their communities and at work.

Evidence shows that by sharing life stories of those who have suffered with mental health problems leads to a positive change in attitudes.

Mental health problems are common. 1 in 4 of us will be affected at some point in our lives. Being able to talk more openly about mental health can make a real difference.



## How to get involved

Champions share their stories, challenging mental health stigma and discrimination by:

- writing blogs for our website
- helping at events
- giving anti-stigma talks
- sharing personal stories on our social media channels
- contributing as a case study for the media.

### Need help?

As Time to Change Wales is focused on challenging mental health discrimination in society, we're not able to provide individual or emergency support for people in crisis. But there are lots of people who can:

BAME mental health, BAME helpline Wales, CALL (Community Advice and Listening Line), Childline, Meic Cymru, Mind Infoline, NHS Direct Wales, Papyrus, Rehab 4 Addiction, Samaritans, Saneline, OK Rehab.

For more information, scan the QR code or visit: [timetochangewales.org.uk/en/need-help](https://timetochangewales.org.uk/en/need-help)



## Who we are

Time to Change Wales is the national campaign to end stigma and discrimination faced by people with mental health problems.

We aim to change the way we all think and act about mental health; to remove the distinction between people with and without a mental health problem.

1 in 4 of us experience mental health problems. Our aim is to help people feel more comfortable talking about mental health and to improve awareness and understanding. By talking about mental health we can break down stereotypes, strengthen relationships, help people recover and take the shame out of something that affects everyone.

The campaign is delivered by a partnership of two leading Welsh mental health charities.



**Adferiad Recovery** provides support for vulnerable people in Wales and their families and carers. They focus on people with mental health problems, substance misuse problems, and those with co-occurring and complex needs.



**Mind Cymru** is Mind's force for change in Wales. Informed in everything they do by people with direct experience of emotional distress, they campaign vigorously to create a society that promotes good mental health and challenges mental health stigma.

To find out about Time to Change Wales visit: [timetochangewales.org.uk](https://timetochangewales.org.uk)

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## Hyrwyddwyr Iechyd Meddwl



**“Trafod iechyd meddwl yn agored, heb feio neb, yw'r unig ffordd o ddileu'r stigma”**

Gall rhannu ein profiadau ein hunain o iechyd meddwl ddileu rhwystrau yn ein cymunedau. Dewch yn un o Hyrwyddwr Amser i Newid Cymru er mwyn gwneud gwahaniaeth.

**amser i newid Cymru**

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

## Beth yw Hyrwyddwr Iechyd Meddwl?

Gwirfoddolwyr sydd â phrofiad o broblemau iechyd meddwl yw Hyrwyddwr Amser i Newid Cymru, ac maen nhw wrth wraidd ein hymgyrch. Gall dechrau sgwrs fod yn ffordd bwerus o herio stigma iechyd meddwl a dechrau newid canfyddiadau.

Mae ein hiechyd meddwl yr un mor bwysig â'n hiechyd corfforol. Gall siarad yn fwy agored ein helpu ni i gydnabod hyn, gan chwalu camsyniadau am broblemau iechyd meddwl a'r bobl sy'n eu hwynebu.



**“Mae siarad am iselder, gorbryder a phopeth sy'n gysylltiedig â hynny wedi helpu. Ar y dechrau, doeddwn i ddim yn gwybod beth i'w wneud, pwy i siarad â nhw na beth i'w ddweud”**

## Pam mynd i'r afael â stigma iechyd meddwl?

Mae pobl sydd â salwch meddwl yn aml yn wynebu stigma a gwahaniaethu cymdeithasol, yn eu cymunedau ac yn y gwaith.

Mae tystiolaeth yn dangos bod rhannu straeon bywyd y rheini sydd wedi wynebu problemau iechyd meddwl yn arwain at newid cadarnhaol mewn agweddau.

Mae problemau iechyd meddwl yn gyffredin. Byddan nhw'n effeithio ar 1 o bob 4 ohonon ni ar ryw adeg yn ein bywydau. Gall siarad yn fwy agored am iechyd meddwl wneud gwahaniaeth mawr.



## Sut i gymryd rhan

Mae hyrwyddwyr yn rhannu eu straeon, gan herio stigma iechyd meddwl a gwahaniaethu drwy:

- ysgrifennu blogiau ar gyfer ein gwefan
- helpu mewn digwyddiadau
- rhoi sgysiau gwrthstigma
- rhannu straeon personol ar ein sianeli cyfryngau cymdeithasol
- cyfrannu fel astudiaeth achos ar gyfer y cyfryngau.

## Angen help?

Gan fod Amser i Newid Cymru yn canolbwyntio ar herio achosion o wahaniaethu ar sail iechyd meddwl mewn cymdeithas, allwn ni ddim rhoi cymorth unigol na chymorth brys i bobl sy'n wynebu argyfwng. Ond mae llawer o bobl a all helpu:

Iechyd Meddwl BAME, Llinell Gymorth BAME Cymru, CALL (Llinell Gyngor a Gwrando'r Gymuned), Childline, Meic Cymru, Llinell Wybodaeth Mind, Galw Iechyd Cymru, Papyrus, Rehab 4 Addiction, y Samariaid, Saneline, OK Rehab.

Am fwy o wybodaeth, sganwch y cod QR neu ymweld â: [timetochangewales.org.uk/cy/angen-cymorth](https://www.timetochangewales.org.uk/cy/angen-cymorth)



## Pwy ydym ni

Amser i Newid Cymru yw'r ymgyrch genedlaethol i roi diwedd ar y stigma a'r gwahaniaethu y mae pobl sydd â phroblemau iechyd meddwl yn eu hwynebu.

Ein nod yw newid y ffordd rydyn ni'n meddwl am iechyd meddwl ac yn gweithredu ar hyn; i roi'r gorau i wahaniaethu rhwng pobl sydd â phroblem iechyd meddwl a'r rhai sydd heb broblem o'r fath.

Mae gan 1 o bob 4 ohonon ni broblemau iechyd meddwl. Ein nod yw helpu pobl i deimlo'n fwy cyfforddus wrth siarad am iechyd meddwl ac i wella ymwybyddiaeth a dealltwriaeth. Drwy gael pobl i siarad am iechyd meddwl, gallwn ni dorri'r stereoteipiau, cryfhau cydberthnasau, helpu pobl i wella a thynnu'r cywilydd oddi ar rywbeth sy'n effeithio ar bawb.

Caiff yr ymgyrch ei chyflwyno gan bartneriaeth o ddwy elusen iechyd meddwl flaenllaw yng Nghymru.



Mae **Adferiad Recovery** yn darparu cymorth i bobl yng Nghymru sy'n agored i niwed, eu teuluoedd a'u gofalwyr. Mae'n canolbwyntio ar bobl sydd â phroblemau iechyd meddwl, problemau camddefnyddio sylweddau a'r rheini sydd ag anghenion cymhlethac sy'n cyd-ddigwydd.



**Mind Cymru** sy'n annog newid yng Nghymru ar ran Mind. Mae'n cael ei annog ym mhopeth a wna gan bobl sydd â phrofiad uniongyrchol o ofid emosiynol, gan ymgyrchu'n ddi-baid i greu cymdeithas sy'n hyrwyddo iechyd meddwl da ac sy'n herio'r stigma sy'n gysylltiedig ag iechyd meddwl.

I gael gwybod mwy am Amser i Newid Cymru ewch i: [amserinewidcymru.org.uk](https://www.amserinewidcymru.org.uk)

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