

Together, we will end mental health stigma



Mental health stigma can be a barrier for those seeking support. We're here to change that. Join our movement to make a difference.

**time to change
Wales**

let's end mental health discrimination

What is mental health?

We all have mental health, like we all have physical health. Both change throughout our lives. And, like our bodies, our minds can become unwell. Our mental health affects the way we think and feel about ourselves and others, and how we deal with life.

Many things can impact our mental health, from feeling isolated and the cost of living to language barriers or the loss of a loved one. If you are experiencing any problems with your mental health, you are not alone.



1:4

1 in 4 people are experiencing mental health problems



Time to Change Wales Champions

"I want people to know that it's okay to admit you're struggling and to seek help"

How to get involved

You can do something right now to help end mental health stigma and discrimination in Wales.

Resources and downloads

Empower yourself or your community with our free tools and resources.

Become a Champion

Have a personal mental health story you want to share? It could make all the difference to someone going through a similar experience. Activities include blogging, helping out at events and giving anti-stigma talks.

Where to find support

Mental health support within communities - from people on the ground who understand individual needs - is essential. That's why we work closely with community groups, empowering them with guidance and useful resources.

Our approach is built around listening, and not judging. We're mindful of the sensitivities and stigma often attached to mental health. Our mission is to change the conversation by involving everyone across all levels of society.

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



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

@TTCWales

@TTCWales

facebook.com/ttcwales

@timetochangewales



Gyda'n gilydd, byddwn ni'n rhoi diwedd ar stigma iechyd meddwl



Gall stigma iechyd meddwl fod yn rhwystr i'r rheini sy'n ceisio cymorth. Rydyn ni yma i newid hynny. Ymunwch â'n mudiad i wneud gwahaniaeth.

**amser i newid
Cymru**

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

Beth yw iechyd meddwl?

Mae gan bob un ohonon ni iechyd meddwl, yn yr un ffordd ag y mae gan bob un ohonon ni iechyd corfforol. Mae'r ddau yn newid drwy gydol ein bywydau. Ac, fel ein cyrff, gall ein meddyliau fynd yn sâl. Mae ein hiechyd meddwl yn effeithio ar y ffordd rydyn ni'n meddwl ac yn teimlo amdanon ni ein hunain a phobl eraill, yn ogystal â'r ffordd rydyn ni'n delio â bywyd.

Gall llawer o bethau effeithio ar ein hiechyd meddwl, o deimlo'n ynysig a chostau byw i rwystrau ieithyddol neu gollu anwylyd. Os ydych chi'n wynebu unrhyw broblemau gyda'ch iechyd meddwl, dydych chi ddim ar eich pen eich hun.



1:4

Mae gan **1 o bob 4** person problemau iechyd meddwl



Hyrwyddwyr Amser i Newid Cymru

**"Rwyf am i bobl wybod
ei bod hi'n iawn cyfaddef
eich bod chi'n ei chael
hi'n anodd a bod angen
help arnoch chi"**

Sut i gymryd rhan

Gallwch wneud rhywbeth nawr er mwyn helpu i roi diwedd ar y stigma a'r gwahaniaethu sy'n gysylltiedig ag iechyd meddwl yng Nghymru.

Adnoddau a deunyddiau i'w lawrlwytho

Grymuswch eich hun neu eich cymuned â'n hadnoddau sy'n rhad ac am ddim.

Dod yn hyrwyddwr

Oes gennych chi stori iechyd meddwl bersonol yr hoffech chi ei rhannu? Gallai wneud gwahaniaeth i rywun sy'n wynebu profiad tebyg. Mae gweithgareddau yn cynnwys ysgrifennu blogiau, helpu mewn digwyddiadau a rhoi sgrysiâu gwrth-stigma.

Ble i ddod o hyd i gymorth

Mae cymorth iechyd meddwl mewn cymunedau - gan bobl ar lawr gwlad sy'n deall anghenion unigol - yn hanfodol. Dyna pam rydyn ni'n gweithio'n agos gyda grwpiau cymunedol, gan roi arweiniad ac adnoddau defnyddiol iddyn nhw.

Mae ein dull gweithredu yn canolbwyntio ar wrando, nid ar farnu. Rydyn ni'n ystyried y sensitifrwydd a'r stigma sy'n gysylltiedig ag iechyd meddwl yn aml. Ein cenhadaeth yw newid y sgwrs drwy gynnwys pawb ar bob lefel o gymdeithas.

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 Gwranddo'r Gymuned), Childline, Meic Cymru, Llinell Wybodaeth Mind, Galw Iechyd Cymru, Papyrus, Rehab 4 Addiction, y Samariaid, Saneline, OK Rehab.

Am fwy o wybodaeth, sganiwch y cod QR neu ymweld â: 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

@TTCWales

@AINCymru

facebook.com/AINCymru

@timetochangewales

