



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

**Together,  
we will end  
mental health  
stigma**



1 in 4 people are currently experiencing a mental health problem. Talking more openly about mental health in our communities can change perceptions and help everyone to get the support they need. **Get involved and together we can make a difference.**

Mae gan 1 o bob 4 person broblem iechyd meddwl ar hyn o bryd. Gall siarad yn fwy agored am iechyd meddwl yn ein cymunedau newid amgyffredion a helpu pawb i gael y cymorth sydd ei angen arnyn nhw. **Cymerwch ran, a gyda'n gilydd, gallwn ni wneud gwahaniaeth.**

**time to change**

**Wales**

let's end mental health discrimination

**amser i newid**

**Cymru**

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl



Find out more:  
[timetochangewales.org.uk](http://timetochangewales.org.uk)



Dysgwch fwy:  
[amserinewidcymru.org.uk](http://amserinewidcymru.org.uk)



**mind Cymru**

