



Gareth

Garin

**Roedd Gareth yn
ei chael hi'n anodd
trafod iselder ei
ffrind.**

**Er mwyn diddanu'r Ymerodraeth
Rufeinig, gall bod yn ornestwr
helpu, ond dim ond siarad mae
Gavin am ei wneud.**

Does dim angen i chi fod yn ornestwr.
Byddwch yn arbennig drwy fod yn ffrind.

Darllenwch fwy am stori Gavin a Gareth
ar-lein: www.bit.ly/byddynffrind

amserinewidcymru.org.uk

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru



**Gareth battled
with discussing his
friend's depression.**

**For entertaining the Roman
Empire, being a gladiator may
help, but Gavin just wants to talk.**

You don't need to be a gladiator.
Be extraordinary just by being a friend.

Find out about Gavin and Gareth's story
online: www.bit.ly/justbeafriend

timetochangewales.org.uk

let's end mental health discrimination

time to change

Wales