



Dean

Gary

Nid oedd gan Gary yr hyder i siarad am OCD ei frawd.

Er mwyn achub y byd, byddai bod yn asiant cudd yn helpu, ond dim ond siarad mae Dean am ei wneud.

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

Darllenwch fwy am stori Dean a Gary ar-lein: www.bit.ly/byddynffrind

amserinewidcymru.org.uk

Gary didn't have the confidence to talk about his brother's OCD.

For saving the world, being a secret agent would help, but Dean just wants to talk.

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

Find out about Dean and Gary's story online: www.bit.ly/justbeafriend

timetochangewales.org.uk

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru



let's end mental health discrimination

time to change

Wales