



Gareth

Gavin

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.

Gareth battled with discussing his friend's depression.

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

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

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

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid
Cymru

timetochangewales.org.uk
amserinewidcymru.org.uk

let's end mental health discrimination

time to change
Wales

