

# DINNER COOKING IN THE OVEN? CALL SOMEONE FOR A CATCH UP.

**TAKE  
FIVE  
TO TALK**  
#TimeToTalk



Talking about mental health doesn't need  
to be difficult and it can make a big difference.

[timetochangewales.org.uk](http://timetochangewales.org.uk)

let's end mental health discrimination

**time to change**

**Wales**

# CINIO YN COGINIO YN Y FFWRN?

## FFONIWCH RYWUN I DDAL I FYNY.

**CYMERWCH  
BUM MUNUD  
I SIARAD**  
#AmseriSiarad



Nid oes angen i siarad am iechyd meddwl fod  
yn anodd, a gallai wneud gwahaniaeth fawr.

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

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

**amser i newid**

**Cymru**