

**CHECKING YOUR
FACEBOOK FEED?
SEND A MESSAGE
TO RECONNECT
WITH A FRIEND.**

**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

let's end mental health discrimination

time to change

Wales

GWIRIO FACEBOOK?

ANFONWCH NEGES I AIL-GYSYLLTU Â FFRIND.

**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

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru