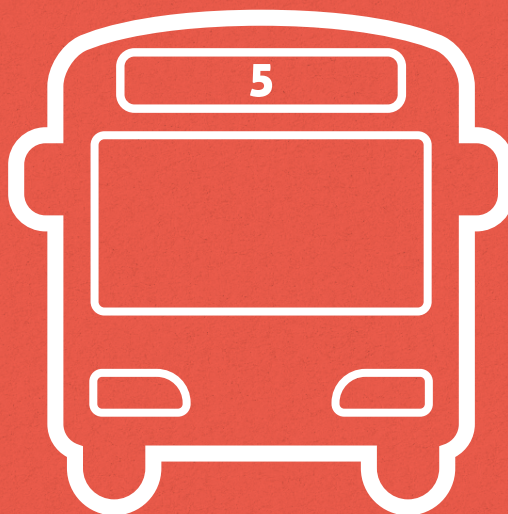


DINNER COOKING IN THE OVEN?
CALL SOMEONE FOR A CATCH UP



CINIO YN COGINIO YN Y FFWRN?
FFONIWCH RYWUN I DDAL I FYN

DAILY COMMUTE ON THE BUS?
SEND A 'HOW ARE YOU?' TEXT



TAITH DYDDIOL AR Y BWS?
ANFONWCH NEGES DESTUN
'SUT WYT TI?'

WAITING FOR THE KETTLE
TO BOIL? ASK SOMEONE
ABOUT THEIR DAY



AROS AM Y TEGELL I FERWI?
GOFYNNWCH WRTH RYWUN
AM EU DIWRNOD

ON YOUR LUNCH BREAK?
LEND SOMEONE A FRIENDLY EAR



AR EICH AWR GINIO?
GWRANDEWCH YN
GYFEILLGAR AR RYWUN

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



GWIRIO FACEBOOK?
ANFONWCH NEGES I
AIL-GYSYLLTU Â FFRIND

CHATting ABOUT THE
WEATHER? ASK HOW THEY'RE
FEELING INSTEAD



SGWRSIO AM Y TYWYDD?
GOFYNNWCH SUT MAENT
YN TEIMLO YN LLE

DIWRNOD AMSER I SIARAD 4YDD CHWEFROR 2016

Cymerwch bum munud ar 4ydd Chwefror
i gael sgwrs am iechyd meddwl.

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

amserinewidcymru.org.uk

Mae'n #AmseriSiarad am iechyd meddwl

TIME TO TALK DAY 4TH FEBRUARY 2016

Take five minutes on the 4th February to
have a conversation about mental health.

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

timetochangewales.org.uk

It's #TimetoTalk about mental health

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid
Cymru

Gofal
Thinking Differently

hafal
Hafal Cymru

mind cymru
for better mental health
c'ychymru i'ch meddwl

ALBENHURGAN Y LOTTERY
LOTTERY FUNDED

COMIC RELIEF

Y Gydaeth Cymru
Welsh Government

let's end mental health discrimination

time to change
Wales