

Gall problemau iechyd meddwl effeithio ar **un o bob pedwar** person ar unrhyw adeg.

**Beth am i ni  
ddechrau sgwrs**

Mental health problems can affect **one in four** people at any time.

**Let's start  
a conversation**

**amser i newid**  
**Cymru**

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

Os ydych chi'n poeni am eich iechyd meddwl, mae'n debygol eich bod chi'n iawn i boeni. Siarad amdano a dod o hyd i gymorth fydd y peth dewraf a wnewch chi erioed.  
[amserinewidcymru.org.uk](http://amserinewidcymru.org.uk)

**time to change**  
**Wales**

let's end mental health discrimination

If you're worried about your mental health, chances are you're right to be concerned. Talking about it and finding support is the bravest thing you might ever do.  
[timetochangewales.org.uk](http://timetochangewales.org.uk)