



Manon

John

Doedd John ddim yn gwybod sut i siarad â'i ferch am ei hanorecsia.

Er mwyn mynd ar daith un-dyn i'r blaned Mawrth, byddai bod yn ofodwr yn helpu, ond dim ond siarad mae Manon eisiau ei wneud.

Does dim angen i chi fod yn ofodwr.
Byddwch yn arbennig drwy fod yn ffrind.
Peidiwch â bod ofn siarad am iechyd meddwl.

Darllenwch fwy am stori John a Manon ar-lein:
 bit.ly/john-and-manon

Ewch i amserinewidcymru.org.uk

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru



John didn't know how to talk to his daughter about her anorexia.

For navigating a one man mission to Mars, being an astronaut would help, but Manon just wants to talk.

You don't need to be an astronaut.
Be extraordinary just by being a friend.
Don't be afraid to talk about mental health.

Find out more about John and Manon's story
online:  bit.ly/john-and-manon

Visit timetochangewales.org.uk

let's end mental health discrimination

time to change

Wales