



↖
Ema

↖
Chris

**Roedd siarad â'i gariad
am ei hiselder yn codi
ofn ar Chris.**

**Er mwyn consurio sliperi gwydr
o ddim byd, byddai bod yn
dylwythen deg yn helpu, ond dim
ond siarad mae Ema eisïau ei wneud.**

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

Darllenwch fwy am stori Chris ac Ema ar-lein:
 bit.ly/chris-and-ema

Ewch i amserinewidcymru.org.uk

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru



**Chris was terrified of
talking to his girlfriend
about her depression.**

**For conjuring glass slippers,
being a fairy godmother would
help, but Ema just wants to talk.**

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

Find out more about Chris and Ema's story
online:  bit.ly/chris-and-ema

Visit timetochangewales.org.uk

let's end mental health discrimination

time to change

Wales