



Deter →

← Dai

Roedd ofn ar Peter siarad am sgitsoffrenia Dai.

Er mwyn achub y byd, byddai bod
yn archarwr yn helpu, ond dim ond
siarad mae Dai eisiau ei wneud.

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

Darllenwch fwy am stori Peter a Dai ar-lein:
 bit.ly/peter-and-dai

Ewch i amserinewidcymru.org.uk

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru



Peter was scared of talking about Dai's schizophrenia.

For saving the world, being
a superhero would help,
but Dai just wants to talk.

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

Find out more about Peter and Dai's story
online:  bit.ly/peter-and-dai

Visit timetochangewales.org.uk

let's end mental health discrimination

time to change

Wales