

Catherine



Mark



Doedd Catherine ddim yn siŵr sut i drafod iselder ei chydweithiwr.

Er mwyn dofi anifail gwyllt, byddai bod yn ddofwr llewod yn helpu, ond dim ond siarad mae Mark eisiau ei wneud.

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

Darllenwch fwy am stori Catherine a Mark ar-lein: [📺 bit.ly/catherine-and-mark](https://bit.ly/catherine-and-mark)

Ewch i amserinewidcymru.org.uk

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru



Catherine was unsure how to discuss her colleague's depression.

For training a wild beast, being a lion tamer would help, but Mark just wants to talk.

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

Find out more about Catherine and Mark's story online: [📺 bit.ly/catherine-and-mark](https://bit.ly/catherine-and-mark)

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let's end mental health discrimination

time to change

Wales