

Gareth

Trystan



Doedd Trystan ddim yn gwybod sut i siarad am iselder Gareth.

Er mwyn curo gelyn drwg, byddai bod yn ninja yn helpu, ond dim ond siarad mae Gareth eisiau ei wneud.

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

Darllenwch fwy am stori Trystan a Gareth
ar-lein: 📺 bit.ly/trystan-and-gareth

Ewch i amserinewidcymru.org.uk

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru



Trystan didn't know how to talk about Gareth's depression.

For open combat, being a ninja would help, but Gareth just wants to talk.

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

Find out more about Trystan and Gareth's
story online: 📺 bit.ly/trystan-and-gareth

Visit timetochangewales.org.uk

let's end mental health discrimination

time to change

Wales