

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

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

**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.**

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



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](https://bit.ly/john-and-manon)

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](https://bit.ly/john-and-manon)

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

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