

**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 eisiau ei wneud.**

**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.**



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](https://bit.ly/chris-and-ema)

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](https://bit.ly/chris-and-ema)

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru

timetochangewales.org.uk

Gofal
The King's Foundation

hafal

Mind Cymru
Mental Health Wales

ADRENALIN GAN Y LOTTERY
LOTTERY FUNDED

COMIC RELIEF

Welsh Government

let's end mental health discrimination

time to change

Wales