

**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.**

**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.**



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)

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)

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru

timetochangewales.org.uk



let's end mental health discrimination

time to change

Wales