

**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.**

**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.**



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](https://bit.ly/trystan-and-gareth)

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](https://bit.ly/trystan-and-gareth)

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru

timetochangewales.org.uk

Gofal
Working Differently

hafal

mind cymru
mental health charity

ADRENALIN GAN Y LOTTERY
LOTTERY FUNDED

COMIC RELIEF

Welsh Government

let's end mental health discrimination

time to change

Wales