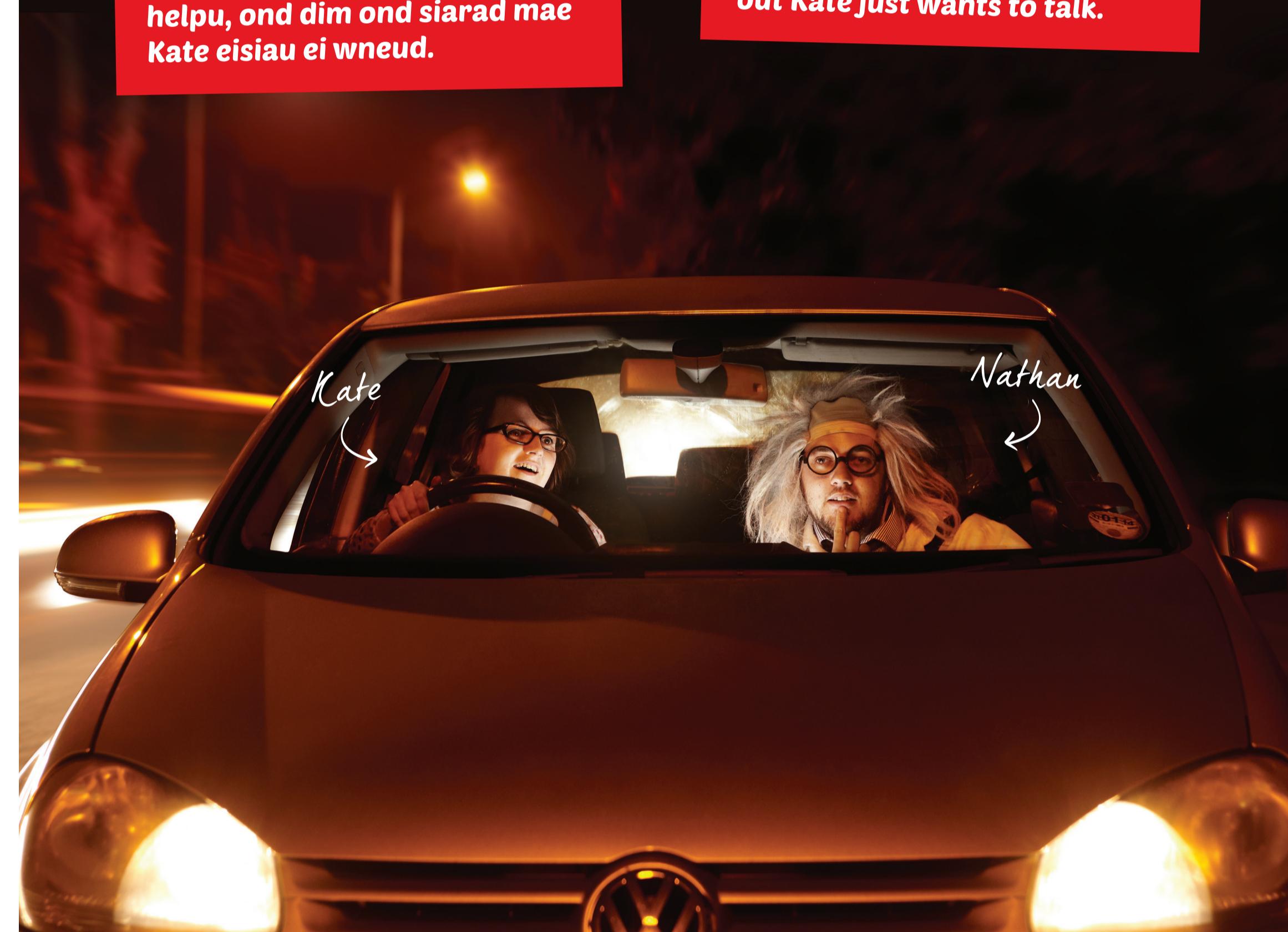


Doedd Nathan ddim yn siŵr sut i drafod anhwylder deubegynol ei gariad.

Er mwyn rhannu'r atom, byddai
bod yn wyddonydd o fri yn
helpu, ond dim ond siarad mae
Kate eisiau ei wneud.

**Nathan was unsure
how to discuss his
girlfriend's bipolar.**

**For splitting an atom, being
a rocket scientist would help,
but Kate just wants to talk.**



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

Darllenwch fwy am stori Nathan a Kate
ar-lein: bit.ly/nathan-and-kate

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

Find out more about Nathan and Kate's
story online: bit.ly/nathan-and-kate

rhawn ddiweddu ar wahaniaethu ar sail iechyd meddwl

amser i newid
Cymru

timetochangewales.org.uk

Gofal

hafal

mind Cymru

lottery funded

comic
relief

Alcohol Concern
Wales Government

let's end mental health discrimination

time to change
Wales