

**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

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru

timetochangewales.org.uk

 **Gofal**
Working Differently

 **hafal**
Wales' National Mental Health Charity

 **Mind Cymru**
Mental Health Wales

 **ARMENIA GAY & LESBIAN
LOTTERY FUNDED**

 **COMIC
RELIEF**

 **Welsh Government**

let's end mental health discrimination

time to change

Wales