

**Roedd ofn ar
Peter siarad am
sgitsoffrenia Dai.**

**Er mwyn achub y byd,
byddai bod yn archarwr yn
helpu, ond dim ond siarad
mae Dai eisiau ei wneud.**

**Peter was scared
of talking about
Dai's schizophrenia.**

**For saving the world, being
a superhero would help,
but Dai just wants to talk.**

Peter →

← *Dai*

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

Darllenwch fwy am stori Peter a Dai
ar-lein: [▶ bit.ly/peter-and-dai](https://bit.ly/peter-and-dai)

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

Find out more about Peter and Dai's
story online: [▶ bit.ly/peter-and-dai](https://bit.ly/peter-and-dai)

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru

timetochangewales.org.uk

Gofal
Thinking Differently

hafal

mind cymru
Mental Health Wales

ARMED & DANGEROUS
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Welsh Government

let's end mental health discrimination

time to change

Wales