

**WAITING FOR THE
KETTLE TO BOIL?**

**ASK SOMEONE
ABOUT THEIR DAY.**

**TAKE
FIVE
TO TALK**
#TimeToTalk



Talking about mental health doesn't need
to be difficult and it can make a big difference.

timetochangewales.org.uk

let's end mental health discrimination

time to change

Wales

AROS AM Y TEGELL I FERWI? GOFYNNWCH WRTH RYWUN AM EU DIWRNOD.

**CYMERWCH
BUM MUNUD
I SIARAD**
#AmseriSiarad



Nid oes angen i siarad am iechyd meddwl fod yn anodd, a gallai wneud gwahaniaeth fawr.

amserinewidcymru.org.uk

rhwydd ddiwedd yr wahaniaethu ar sail iechyd meddwl

amser i newid

Cymru