

## Ready to start your conversation?



**Talk, but listen too:** simply being there will mean a lot



**Keep in touch:** meet up, phone, email or text



**Don't just talk about mental health:** chat about everyday things as well



**Remind them you care:** small things can make a big difference



**Be patient:** ups and downs can happen

Find out more about how to be there for someone at: [timetochangewales.org.uk](http://timetochangewales.org.uk)

Don't be afraid  
to talk about  
mental health

let's end mental health discrimination

**time to change**

**Wales**



## Barod i ddechrau eich sgwrs?



**Siaradwch, ond gwrandewch hefyd:** gall eich cwmni fod yn ddigon



**Cadwch mewn cysylltiad:** trefnwch i gwrdd, ffoniwch, e-bostiwch neu anfonwch neges destun



**Peidiwch â siarad am iechyd meddwl yn unig:** sgwrsiwch am bethau o bob dydd hefyd



**Atgoffwch nhw fod ots gennych:** gall pethau bach wneud gwahaniaeth mawr



**Byddwch yn amyneddgar:** gallant brofi cyfnodau da a gwael

Mae rhagor o wybodaeth am sut i fod yn gefn i rywun yn: [amserinewidcymru.org.uk](http://amserinewidcymru.org.uk)

Peidiwch bod ag ofn siarad am iechyd meddwl

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

**amser i newid**  
**Cymru**

