

# Dwi'n estyn llaw

Gall pethau bychain wneud gwahaniaet  
mawr i bobl â phroblemau iechyd meddwl

rhon ddilwedd ar wahaniaethu ar sail iechyd meddwl  
**amser i newid**  
Cymru

www.estynllaw.cymru  
**estyn llaw**

# I'm reaching out

Small things can make a big difference  
to people with mental health problems

**reach out**  
www.reachout.wales

let's end mental health discrimination  
**time to change**  
Wales