



Nid oedd gan Gary yr hyder i siarad am OCD ei frawd.

Er mwyn achub y byd, byddai bod yn asiant cudd yn helpu, ond dim ond siarad mae Dean am ei wneud.

Gary didn't have the confidence to talk about his brother's OCD.

For saving the world, being a secret agent would help, but Dean just wants to talk.

Does dim angen i chi fod yn asiant cudd. Byddwch yn arbennig drwy fod yn ffrind.

Darllenwch fwy am stori Dean a Gary ar-lein: www.bit.ly/byddynffrind

You don't need to be a secret agent. Be extraordinary just by being a friend.

Find out about Dean and Gary's story online: www.bit.ly/justbeafriend

rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

amser i newid
Cymru

timetochangewales.org.uk
amserinewidcymru.org.uk

let's end mental health discrimination

time to change
Wales

