

amser i newid
Cymru
rhon ddwydd ar wahaniaethu ar sail iechyd meddwl

estyn llaw
www.estynllaw.cymru

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

Happy ! siarad

Happy to talk

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