

Wythnos Ymwybyddiaeth
Iechyd Meddwl

Mental Health
Awareness Week

18-24 Mai / May

#MynegwchEichMeddyliau
#SpeakYourMind

Estynnwch law at rywun sydd angen ffrind gan anfon neges gadarnhaol atyn nhw. Anogwch nhw i fynegi eu meddyliau, a sicrhewch nad oes rhaid iddyn nhw wynebu'r pandemig hwn ar eu pen eu hunain.

Reach out to someone who needs a friend with a positive message, encourage them to speak their mind, and make sure they don't have to face this pandemic alone.

#MynegwchEichMeddyliau
#SpeakYourMind

Mae gwybodaeth a chefnogaeth ar gael gan Mind:
mind.org.uk/cy/gwybodaeth-a-chefnogaeth/

You can get information and support from Mind:
mind.org.uk/information-support

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 mind Cymru
for better mental health
o blaid gwell iechyd meddwl