



If we all do **one** thing, we
can change **everything**.

This World Mental Health Day, join
us as we fight for mental health
equality.

**Do one thing.
Add your voice.
Join the fight.**

mind.org.uk/DoOneThing

Os wnewn ni gyd **un** peth,
gallwn newid **popeth**.

Y Diwrnod Iechyd Meddwl y Byd
hwn, ymunwch â ni wrth inni ymladd
dros gydraddoldeb iechyd meddwl.

**Gwnewch un peth.
Ychwanegwch eich llais.
Ymunwch â'r frwydr**

mind.org.uk/GwnewchUnPeth