

Stori
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IECHYD MEDDWL:

DECHRAU SGWRS

A NEWID BYWYD!

Rwy'n frwd dros iechyd meddwl pobl ifanc ac rwy'n addo y byddaf yn dechrau sgwrs oherwydd gallai hynny newid bywyd.

MENTAL HEALTH:

START A CONVERSATION

AND CHANGE A LIFE!

I am passionate about the mental health of young people and I pledge that I will start a conversation as it could change a life.

Llofnodwyd | Signed:

#StoriHarriet

