

#TimeToTalk

time to change
time to
talk day
04/02/21

Let's start talking

Together we will end mental health stigma

The power of small

Ask questions and listen

Show you want to know how someone is really doing

Don't try and fix it

Often just listening is enough

Keep it simple

Chat over a cuppa, send a text or go for a walk

You don't have to be an expert

Just being there means a lot

A small conversation about mental health has the power to make a big difference

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