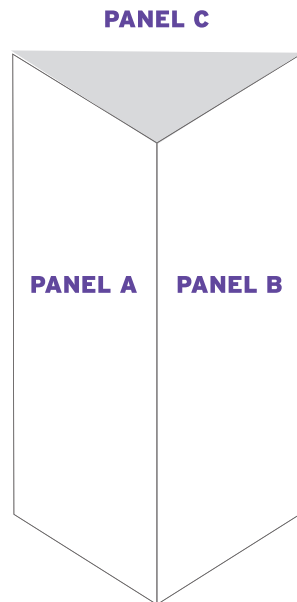


### How to create your canteen stand

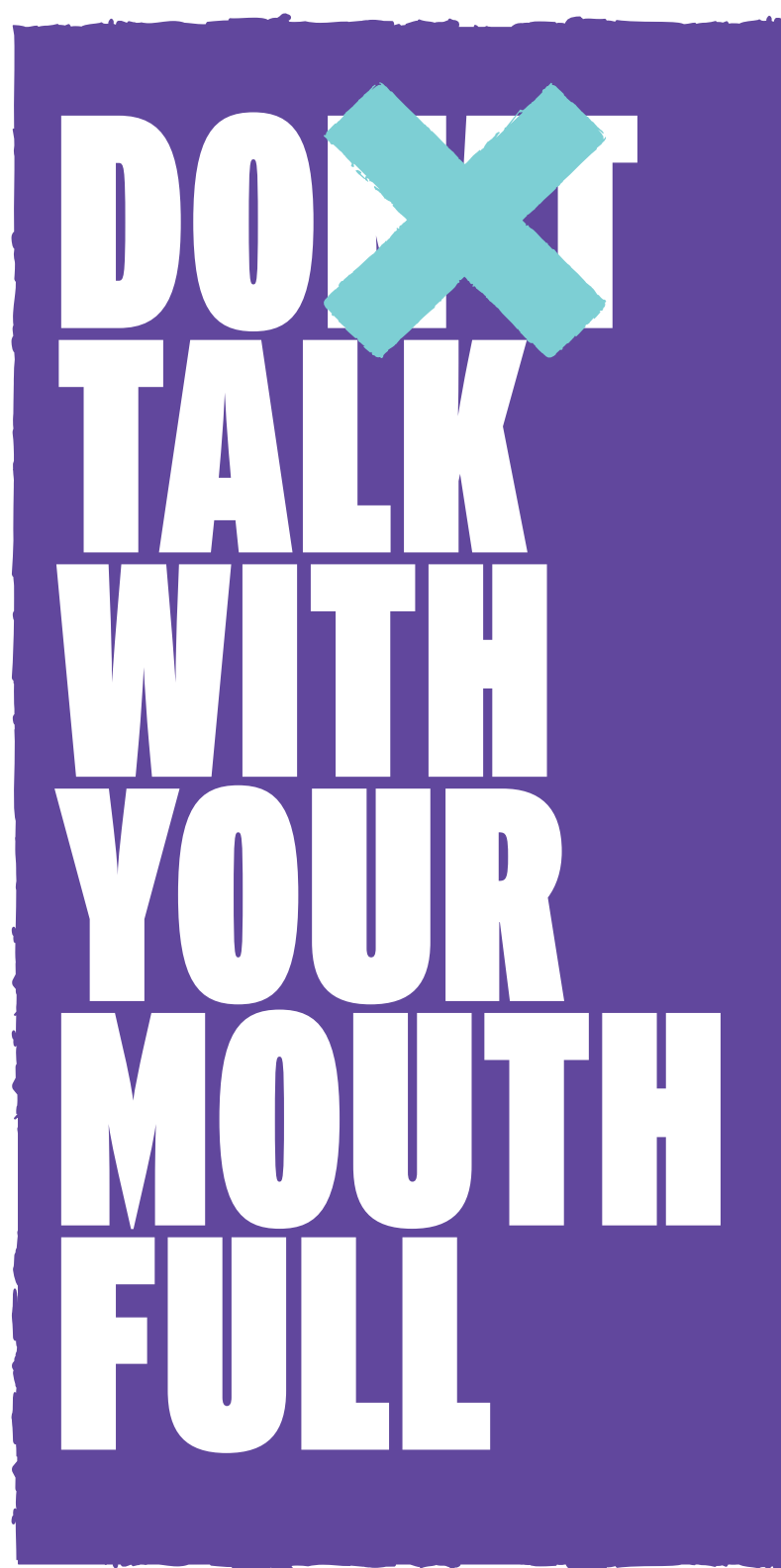
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PANEL A

PANEL B

PANEL C



During lunch,  
in the toilet,  
even up a  
mountain...

...wherever you  
are, talk about  
mental health  
this Time  
to Talk Day.

#timetotalk  
1st February 2018

let's end mental health discrimination  
**time to change**  
Wales

It can begin  
by simply:

Sharing with someone  
the thing that makes  
you smile the most

Finding out what  
someone does to relax

Thanking someone  
for something they've  
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**time to change**  
**time to talk**  
**day 2018**

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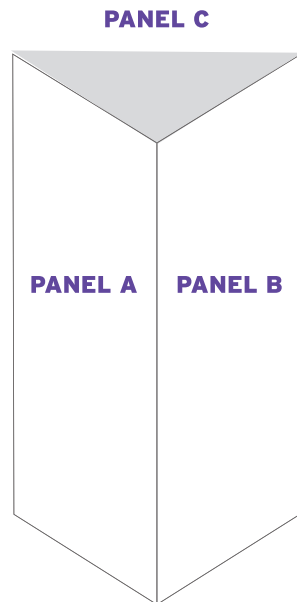
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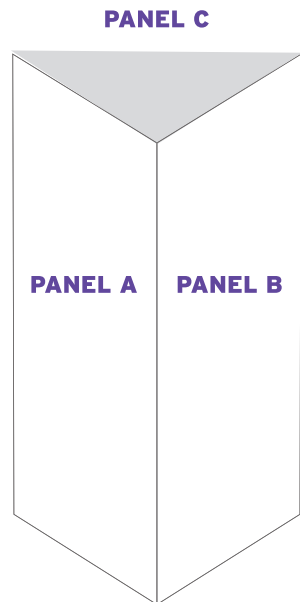


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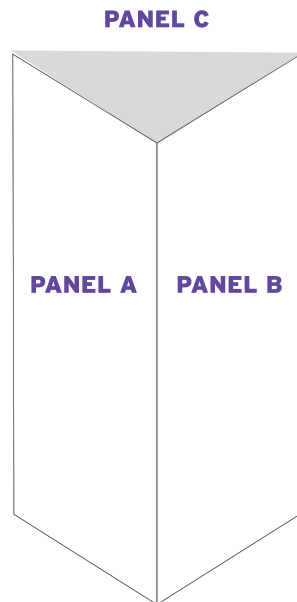


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