

We are Time to Change Wales, the first national campaign to end the stigma and discrimination faced by people with mental health problems.

Get involved today

 @TTCWales

 /TTCWales

timetochangewales.org.uk

let's end mental health discrimination

time to change

Wales

Show you're willing

Just being there means a lot.



Step up

Make a brew, text, talk a walk. Small things go a long way.



Listen, don't judge

Talking is important. So is a friendly ear.



Be patient

Good days and bad days happen.



Be yourself

Talking about everyday things helps. You don't have to fix this.



Support

Remember professional support options are out there.



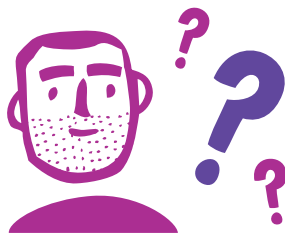
**Conversations
change lives**



**Mental health
problems affect
1 in 4 of us
in any year.**



**Surprisingly
common
isn't it?**



**Yet too many people
are still made to feel
isolated, ashamed
and worthless.**

**Being open to
mental health
problems is
good for all
of us.**



**And it's easier than
you might think.**

**Your
conversation
matters.**



**Any time, any place.
You don't need all
the answers.**