

I CAN'T TALK ABOUT MENTAL HEALTH HERE

In the toilet, in a lift,
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

time to change

**time to talk
day 2018**

let's end mental health discrimination

GOING UP OR DOWN?

In a lift, in the toilet,
even up a mountain...

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

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let's end mental health discrimination

time to change

Wales

time to change

**time to talk
day 2018**

let's end mental health discrimination

~~DON'T~~ TALK WITH YOUR MOUTH FULL

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

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

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time to change

Wales

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NOT NOW I'M BUSY

In the toilet, in a lift,
even up a mountain...
...wherever you are,
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time to change

Wales

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