

**“IT’S
ALLLL
GOOD!”**

SOMETIMES MEANS I’M STRESSED AND BURNED OUT

**Time to Talk Day is the perfect opportunity
to start a conversation about mental health**

time to change Wales

**time to
talk day**

01/02/24

#TimeToTalk

Run by



let's end mental health discrimination

Funded by



In partnership with



#TimeToTalk

Have a conversation
about mental health


