

Ready to start your conversation?



Talk, but listen too: simply being there will mean a lot



Keep in touch: meet up, phone, email or text



Don't just talk about mental health: chat about everyday things as well



Remind them you care: small things can make a big difference



Be patient: ups and downs can happen

Find out more about how to be there for someone at: timetochangewales.org.uk

Someone you know has a mental health problem.

Be extraordinary just by being a friend.

Don't be afraid to talk about mental health.

let's end mental health discrimination

time to change

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Cut along the grey line.

Fold along the dotted line.