1 in 4 people will experience a mental health problem. Talking about mental health doesn’t need to be difficult and it can make a big difference.

It’s #TimetoTalk

For more tips on talking about mental health visit www.timetochangewales.org.uk

1. Share with someone the thing that makes you smile the most
2. Text or ask a friend ‘how are you?’
3. Call someone you’ve not spoken to for a while
4. Tell someone how you’re feeling today
5. Thank someone for something they’ve done for you
6. Get someone fresh air
7. Find out what someone does to unwind after a tough day
8. Make someone a cup of tea and have a chat

let’s end mental health discrimination

time to change Wales