

Time

Wales

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Share with someone the thing that makes you smile the most

Text or ask a friend 'how are you?'

3

Call someone you've not spoken to for a while

8

Find out what someone does to unwind after a tough day

### 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](http://www.timetochangewales.org.uk)

Tell someone how you're feeling today

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Make someone a cup of tea and have a chat

let's end mental health discrimination

**time to change**

**Wales**

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Change

Get some fresh air with someone and see how they're doing

Thank someone for something they've done for you

to

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