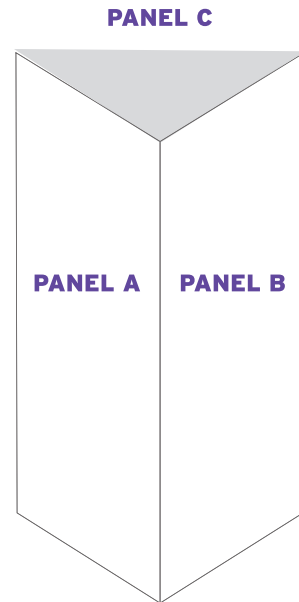


**How to create your canteen stand.**

- Fold along marked lines
- Cut out entire shape
- Glue tab and affix to reverse of panel A
- Display on canteen or break room table.



PANEL A

FOLD HERE

PANEL B

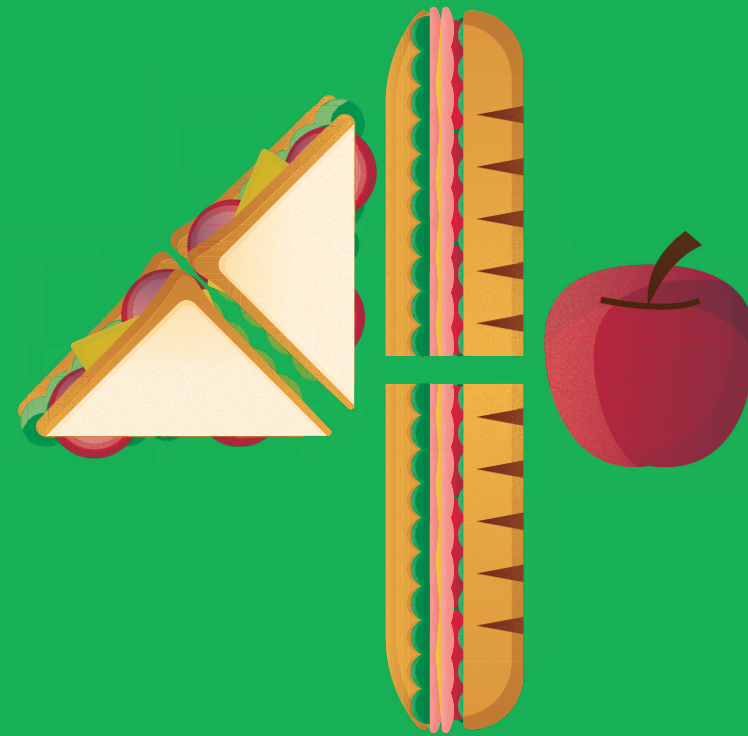
FOLD HERE

PANEL C

FOLD HERE

**1 MEET-UP**  
**4 SARNIES**  
**6 "LET'S DO THIS AGAIN'S"**

**1 SUPPORTIVE ENVIRONMENT**



**time to change Wales**  
**time to talk day**  
**07/02/19**  
let's end mental health discrimination

**However you do it,  
make a conversation  
about mental health.**

**#timetotalk**

GLUE HERE

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