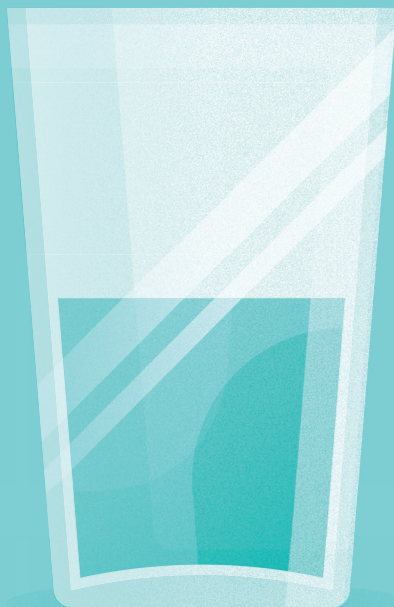


**2 CUPS OF WATER**

**5 MINUTE CHAT**

**2 STORIES  
SHARED**

**1 GLASS  
HALF FULL**



**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**

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