





Ask someone "how are you?" (and mean it!)



Arrange a meet up with someone you care about

a random act of kindness for





Make a conversation. Make a difference.

CONVERSATION STARTER

1 in 4 people experience a mental health problem in any year. We want you to get the nation talking about mental health using our conversation starter, wherever you are.

#timetotalk

timetochangewales.org.uk





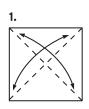


over text with someone Check-in

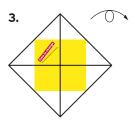


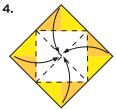


Folding Instructions



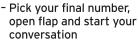








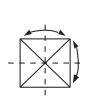




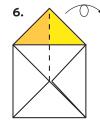
that amount of times - Pick a pink number and open alternately that

amount of times

How to make a conversation - Pick a circled number and open in alternate directions



5.





7.

