

**3 HOUR
SHOPPING TRIP**

**2 FRIENDS
CATCHING UP**

**1 DAY
CHANGED**

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

Funded by:



Delivered by:

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hafal

for people
with severe
mental illness

