

# MAKE A DIFFERENCE.

Get involved today

 @TTCWales

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[timetochangewales.org.uk](http://timetochangewales.org.uk)



"How are you?"

Showing  
you care and  
just being there  
means a lot.

# 1 DOLLOP OF PATIENCE

With mental health  
there are good days  
and bad days.



# MAKE A CONVERSATION.

**time to change** **Wales**  
**time to**  
**talk day**  
**07/02/19**

let's end mental health discrimination

1 in 4 of us experience a mental health problem in any year. However you do it, make a conversation and show someone you're there when they need you.

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## 1 FRIENDLY EAR (OR 2)

Listening is  
as important  
as talking.



## 2 CUPS

Natter over a  
brew or drop a text.  
Small actions can  
make a big difference.



## 0 PRESSURE

You don't have to  
be a mental health  
expert to help.

It's not  
about 'fixing'  
things, just  
having a  
chat.

