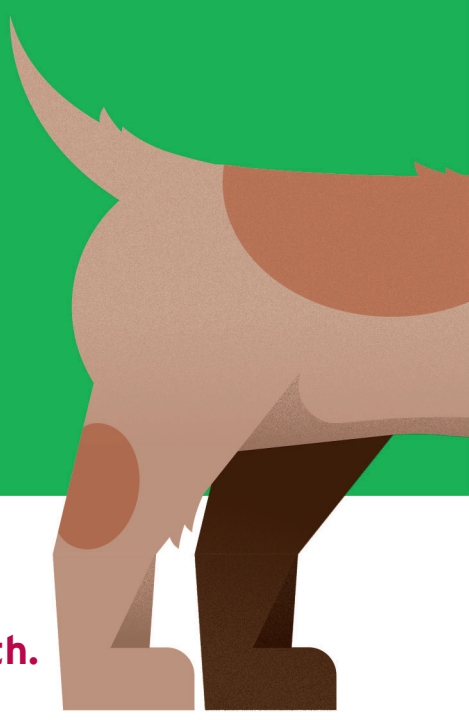


1 KNOCK AT THE DOOR
4-LEGGED COMPANION
4 (VERY) MUDDY BOOTS
1 DAY CHANGED



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

4 FUNNY VIDEOS
2 SILLY JOKES
1 FRIENDLY SMILE
2 MATES LOOKING OUT FOR EACH OTHER



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#timetotalk

1 'HOW ARE YOU?'
2 COMMENTS ABOUT THE WEATHER
3 MENTAL HEALTH FACTS
1 VIEW BROADENED



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#timetotalk

10 MINUTES
2 CUPS OF TEA
3 BISCUITS DUNKED
0 PRESSURE



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

1 TRIP TO THE GYM
25 REPS
4 SMELLY SOCKS
1 MYTH CHALLENGED



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#timetotalk



let's end mental health discrimination

Affix
Stamp

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timetochangewales.org.uk

Time to Change Wales is delivered by Hafal and Mind Cymru, and funded by the Big Lottery Fund, Comic Relief and the Welsh Government.



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