

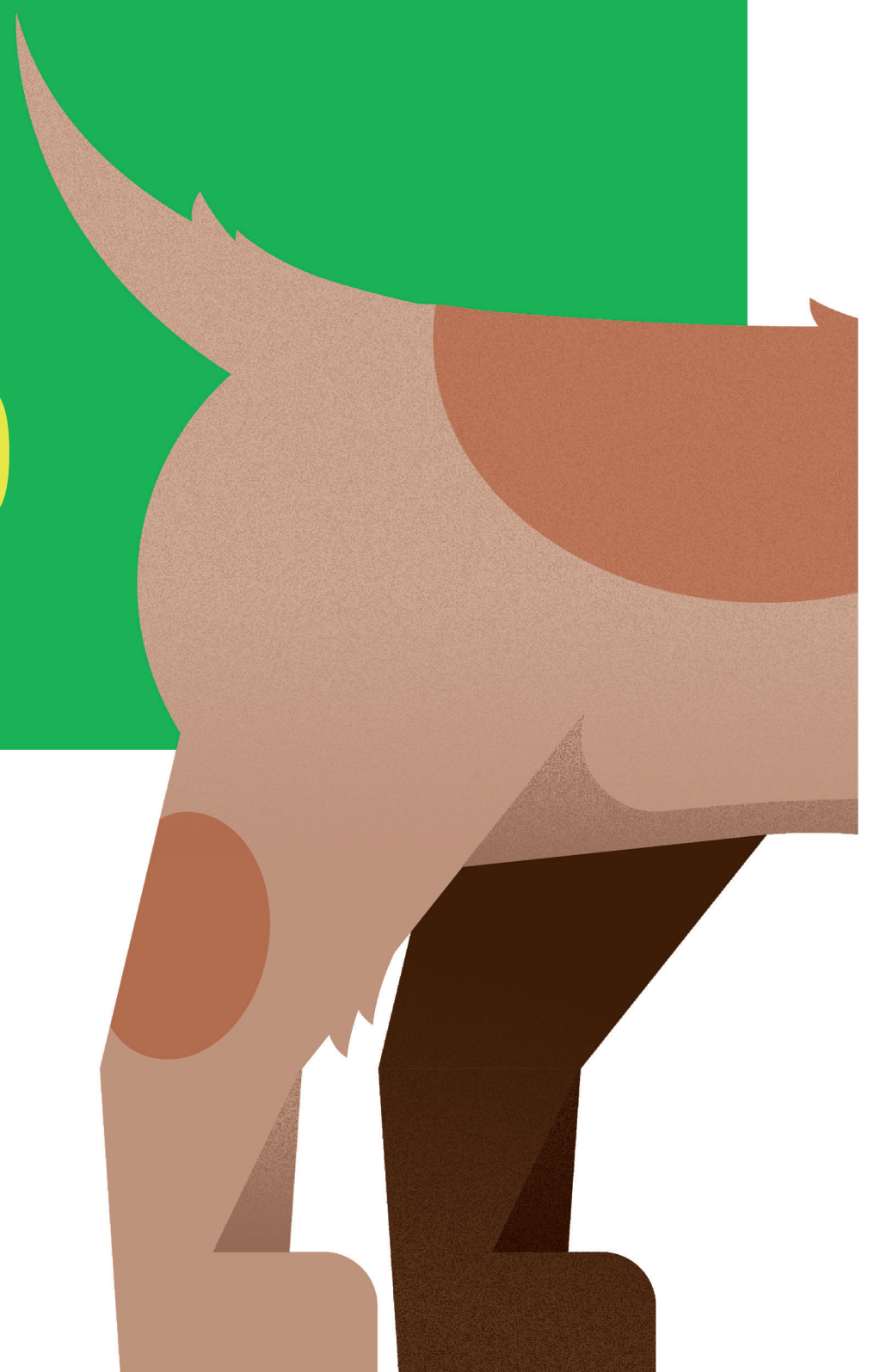
**1 KNOCK
AT THE DOOR
4-LEGGED
COMPANION
4 (VERY)
MUDDY BOOTS
1 DAY CHANGED**

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



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ar gyfer pobl
gydag afiechydd
meddwl difrifol

hafal

for people
with severe
mental illness

mind cymru
for better mental health
a chael gwell iechyd meddwl

**1 TRIP TO
THE GYM**

25 REPS

**4 SMELLY
SOCKS**

**1 MYTH
CHALLENGED**

time to change Wales

**time to
talk day**

07/02/19

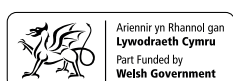
let's end mental health discrimination



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#timetotalk

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**3 WEEKS
OF PLANNING**

**60 CUPCAKES
BAKED**

1 ROOM BOOKED

**50 COLLEAGUES
TALKING**

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4 FUNNY VIDEOS

2 SILLY JOKES

1 FRIENDLY SMILE

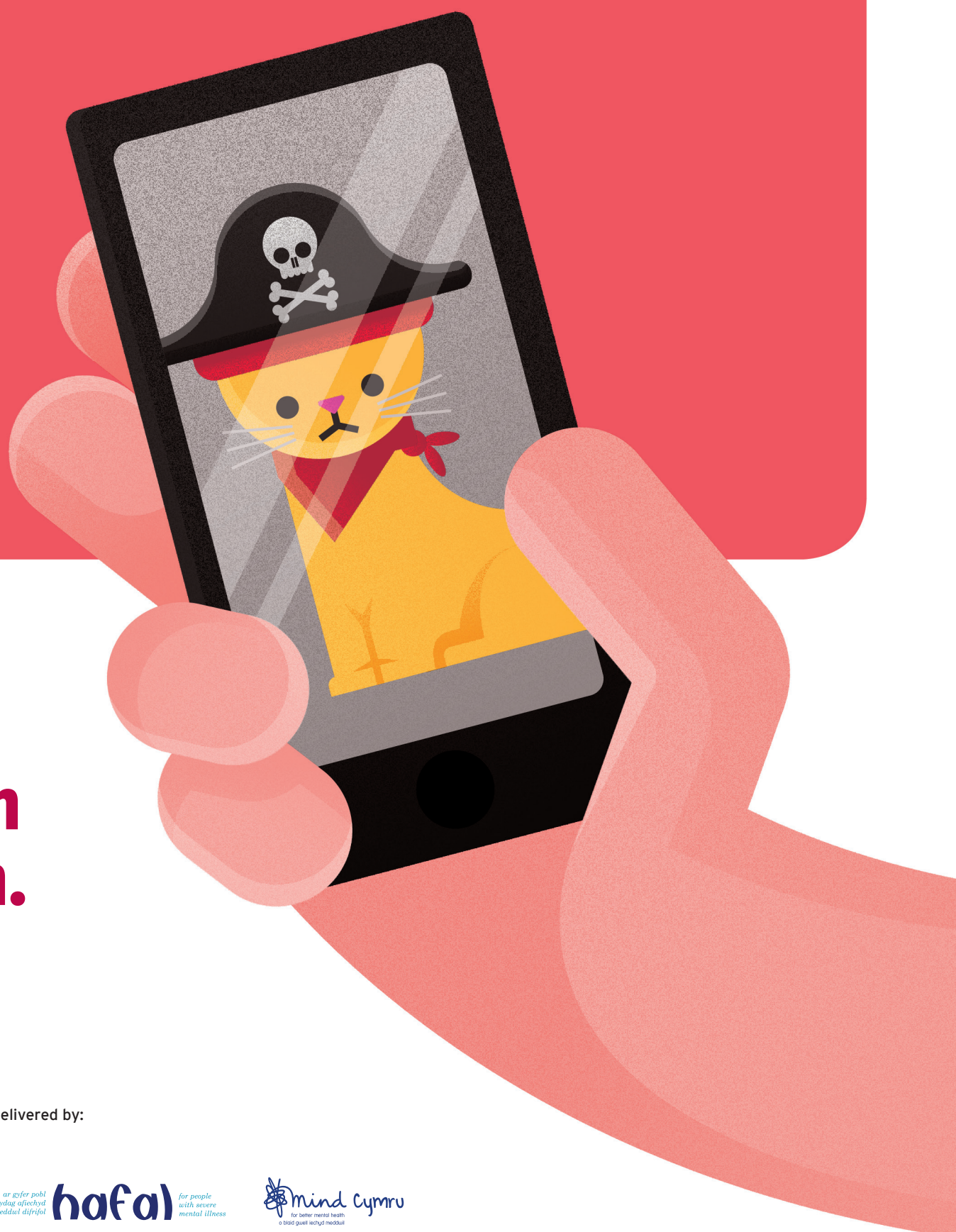
**2 MATES LOOKING
OUT FOR
EACH
OTHER**

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for people
with severe
mental illness



10 MINUTES
2 CUPS OF TEA
3 BISCUITS
DUNKED
0 PRESSURE

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1 OPEN-DOOR POLICY

10 MINUTES IN THE BREAK ROOM

1 COLLEAGUE SUPPORTED

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**1 'HOW
ARE YOU?'**

**2 COMMENTS ABOUT
THE WEATHER**

3 MENTAL HEALTH FACTS

**1 VIEW
BROADENED**

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