

# How are you? Hope you're ok.

Many people find it difficult to talk about mental health. But one in four of us will experience a mental health problem, so being able to talk about it is something that is important for us all.

**A few small words can  
make a big difference.**  
Don't be afraid to talk about mental health.

You can help, find out how at:  
[www.facebook.com/ttcwales](http://www.facebook.com/ttcwales) | [www.timetochangewales.org.uk](http://www.timetochangewales.org.uk)

