



Tell someone you appreciate what they've done for you



Ask someone "how are you?" (and mean it!)





CONVERSATION STARTER

1 in 4 people experience a mental health problem in any year. Choosing to talk about mental health breaks down barriers and can change lives. Use this conversation starter to help get people talking.



Choose talk, Change lives.

#timetotalk

timetochangewales.org.uk



over text with someone Check-in



Play a game of 'would you rather?' with someone







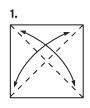


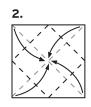
How to make a conversation - Pick a circled number and open in alternate directions that amount of times

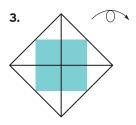
- Pick a pink number and open alternately that amount of times - Pick your final number, open flap and start your

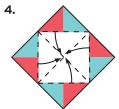
conversation

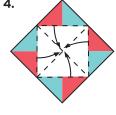
Folding Instructions





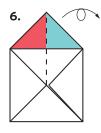














7.

