

#TimeToTalk

time to change Wales

time to  
talk day

04/02/21

let's end mental health discrimination

The  
power  
of small



**A small conversation about  
mental health has the power  
to make a big difference**

**Let's start talking**

Together we will end mental health stigma

Funded by



Ariennir yn Rhannol gan  
**Lywodraeth Cymru**  
Part Funded by  
**Welsh Government**



Run by

