#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

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ein haddewid! our promise!
hafal
ddylai neb yng Nghymru fod yn unig
no one in Wales need be alone

mind cymru
for better mental health
o blaid gwell iechyd meddwl