

#TimeToTalk

time to change Wales
time to talk day
04/02/21

let's end mental health discrimination



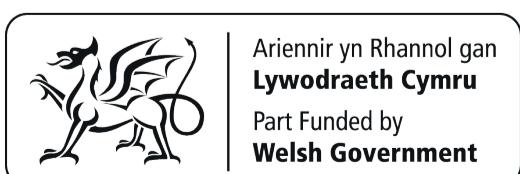
The
power
of small

**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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