#TimeToTalk



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

## Let's start talking

## Find out how you can get involved **timetochangewales.org.uk**

Time to Change Wales is run by Hafal and Mind Cymru and funded by the Welsh Government and Comic Relief.