

#TimeToTalk

time to change **Wales**

**time to
talk day**

04/02/21

let's end mental health discrimination



**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](https://www.timetochangewales.org.uk)

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