

#TimeToTalk

time to change **Wales**

**time to
talk day**

04/02/21

let's end mental health discrimination

Let's start talking

Together we will end mental health stigma

The
power
of small

**Ask questions
and listen**

Show you want to know
how someone is
really doing

Don't try and fix it

Often just listening
is enough

Keep it simple

Chat over a cuppa,
send a text
or go for a walk

**You don't have
to be an expert**

Just being there
means a lot

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

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ddylai neb yng Nghymru fod yn unig
no one in Wales need be alone

