

time to change **Wales**

**time to
talk day**

03/02/22

let's end mental health discrimination

COMMUNITY NOTICES

**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

*Lets
talk*

However you do it, start
a conversation
about mental health

**Ask questions
and listen**
Show you want to
know how someone is
really doing

**You don't have
to be an expert**
Just being there
means a lot

#TimeToTalk

Talk, Listen, Change Lives

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