

T₁ A₁ L₁ K₅

listen

change lives ✓✓

change lives ✓✓

listen

T₁ A₁ L₁ K₅

**However you do it, start
a conversation about
mental health**

#TimeToTalk

let's end mental health discrimination

03/02/22

talk day

time to

time to change
Wales

In partnership with



Funded by



Run by



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

time to change Wales

**time to
talk day**

03/02/22

let's end mental health discrimination

#TimeToTalk

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