

# Break the silence around mental health #TimeToTalk Day

**TIME TO TALK DAY 2 FEBRUARY 2017**

**Take five minutes on the 2 February to have  
a conversation about mental health.**

Talking about mental health doesn't need to be difficult  
and it can make a big difference.

[timetochangewales.org.uk](http://timetochangewales.org.uk)

**It's #TimetoTalk about mental health**

