

WOULD YOU RATHER

Drink salt  
in your tea?



OR



Talk to a  
friend about  
mental health?

Choose talk, change lives.  
Together we'll end mental health stigma.

time to change **Wales**

time to  
talk day

06/02/20

#timetotalk

Funded by



Ariennir yn Rhannol gan  
**Lywodraeth Cymru**  
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Run by

dros adferiad  
o afiechyd  
meddwl difrifol

**hafal**

for recovery  
from serious  
mental illness



for better mental health  
o blaid gwell iechyd meddwl