



WOULD YOU RATHER

**Be stuck in a
spider's web?**



OR

**Talk to a friend
who feels trapped in
their thoughts?**

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

time to change **Wales**

**time to
talk day**

06/02/20

#timetotalk

Choose to talk about mental health:

1.

Ask questions & listen

Ask open questions:

“how does that affect you?”

or “what does it feel like?”



2.

Think about the time & place

Sometimes it's easier to talk side by side.

Try chatting while you're doing something else, like walking.



3.

Don't try & fix it

Resist the urge to offer quick fixes.

Often just listening is enough.

Find out how you can get involved:

timetochangewales.org.uk

#timetotalk