


#TimeToTalk

time to change **Wales**  
**time to  
talk day**  
**04/02/21**

let's end mental health discrimination



The  
power  
of small



**A small conversation about  
mental health has the power  
to make a big difference**

**Let's start talking**

Together we will end mental health stigma

# Let's start talking

Find out how you can get involved  
**[timetochangewales.org.uk](https://timetochangewales.org.uk)**

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