



IF SOMEONE YOU KNOW HAS A MENTAL HEALTH PROBLEM...

1. TALK

Not just about mental health but everyday things.



2. SEE

Make time to hang out with your mates.



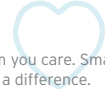
3. LISTEN

Sometimes listening is enough. Just be there.



4. CARE

Remind them you care. Small things make a difference.



FIND OUT MORE TIPS & INFORMATION ON OUR WEBSITE:
TIMETOCHANGEWALES.ORG.UK/WECANWELL



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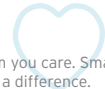
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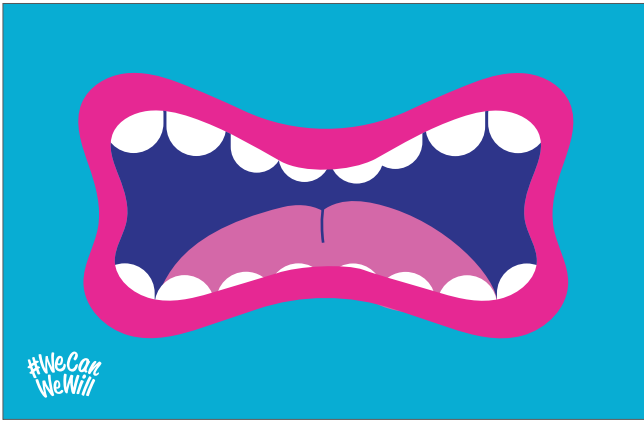


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



Cut along the grey line





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time to change
 Wales



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

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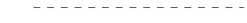
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