

WOULD YOU RATHER
Kiss a jellyfish?

OR

**Talk to a
colleague who feels
all at sea?**



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Run by

afon afonau
galluedd
meddal ddi-ddi
hafal for recovery
from serious
mental illness

 **mind cymru**
for better mental health
o blaidd guell lechyd meddwl

time to change **Wales**
**time to
talk day**
06/02/20

**Choose talk,
Change lives.**

**Together we'll end
mental health stigma.**

#timetotalk