

#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://www.timetochangewales.org.uk)

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