

#WeCanWeWill

**BELIEVE IN
YOURSELF**

YOU HAVE THE POWER TO CHANGE ATTITUDES ABOUT MENTAL HEALTH.

JOIN THE MOVEMENT. TOGETHER, #WECANWEWILL

TIMETOCHANGEWALES.ORG.UK/WECANWEWILL

let's end mental health discrimination
time to change
Wales

hafal

Gofal
Thinking Differently

mind Cymru
to better mental health
to build a better future


LOTTERY FUNDED