

#WeCanWeWill

IT'S  TO CHANGE
WHAT YOU  YOU KNOW
ABOUT MENTAL HEALTH.

Join the movement. Together, #WeCanWeWill.
timetochangewales.org.uk/wecanwewill

let's end mental health discrimination

time to change

Wales

Delivered by:

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gyda'u ffechyd
meddwl di'frifor

hafa

for people
with severe
mental illness

 **mind Cymru**
for better mental health
o bwrdd gwell i'ch yd meddwl



LOTTERY FUNDED