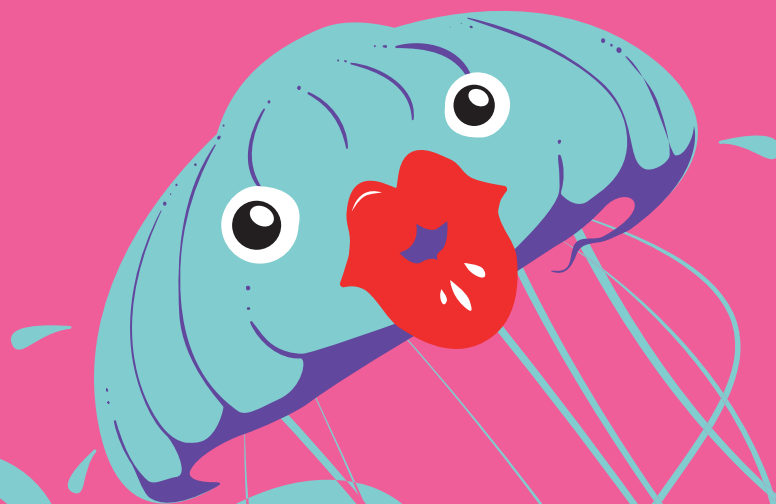


WOULD YOU RATHER

Kiss a jellyfish?



OR

Talk to a
colleague who feels
all at sea?

Choose talk, change lives.
Together we'll end mental health stigma.

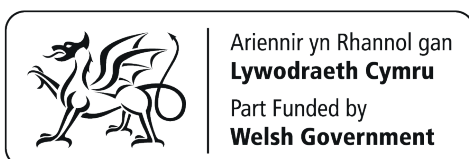
time to change **Wales**

time to
talk day

06/02/20

#timetotalk

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for recovery
from serious
mental illness

