

WOULD YOU RATHER

Have the neck of  
an ostrich?

OR

Talk to a  
friend who's burying  
their feelings?

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

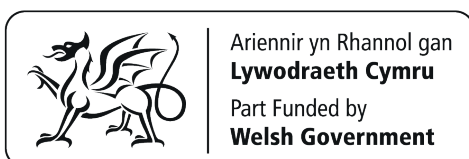
time to change **Wales**

time to  
talk day

06/02/20

#timetotalk

Funded by



Run by



dros aiferiad  
o afiechyd  
meddwl difrifol

**hafal**

for recovery  
from serious  
mental illness

