



WOULD YOU RATHER

**Build a never ending wall?**

OR

**Talk to a mate about mental health?**

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



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Run by

dros adferiad  
o afiechyd  
meddwl difrifol

**hafal**

for recovery  
from serious  
mental illness

