

WOULD YOU RATHER

Sort through a
mountain of emails?

OR

Talk to a
colleague 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



Ariennir yn Rhannol gan
Lywodraeth Cymru
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Run by

dros adferiad
o afiechyd
meddwl difrifol

hafal

for recovery
from serious
mental illness



for better mental health
o blaid gwell iechyd meddwl