



Get involved today

 @ttcwales

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timetochangewales.org.uk

**Keep it
simple.**

Small actions can make
a big difference. Chat
over a cuppa, take a
walk or send
a text.



**Don't try
and fix it.**

Resist the urge
to offer quick fixes.
Often just listening
is enough.



**Choose talk,
Change lives.**

time to change

Wales

let's end mental health discrimination

1 in 4 of us will experience a mental health problem in any year.

Choosing to talk about mental health breaks down barriers and can change lives.

Starting a conversation doesn't have to be awkward and it could make a huge difference.

Our tips will help you get started.

You don't have to be an expert.

You don't need all the answers. Just being there means a lot.



Ask questions and listen.

Asking questions shows that you care and want to know how someone's really doing.

