

1

SOMETIMES MEANS SOMETHING ELSE

Good things

2

SOMETIMES MEANS SOMETHING ELSE

Talk about how money worries can impact mental health

3

SOMETIMES MEANS SOMETHING ELSE

Talk about how the news can affect mental health

4

SOMETIMES MEANS SOMETHING ELSE

Tell someone you appreciate what they've done for you

5

SOMETIMES MEANS SOMETHING ELSE

Sometimes writing is easier - check-in with a friend over text

6

SOMETIMES MEANS SOMETHING ELSE

Talking side-by-side - try talking while walking or cooking

7

SOMETIMES MEANS SOMETHING ELSE

Have a chat over lunch with a friend

8

SOMETIMES MEANS SOMETHING ELSE

Listening is just as important as talking - ask someone how they're feeling

9

SOMETIMES MEANS SOMETHING ELSE

Share something about #TimeToTalk Day on social media

10

SOMETIMES MEANS SOMETHING ELSE

Share something about #TimeToTalk Day on social media

11

SOMETIMES MEANS SOMETHING ELSE

It's not always easy to say how you really feel. But talking openly and honestly can be the first step towards better mental health. And the more we talk about mental health, the better life is for everyone.

Time to Talk Day is the perfect opportunity to start a conversation about mental health.

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SOMETIMES MEANS SOMETHING ELSE

"Yeah, getting by..."

time to change Wales

time to talk day


01/02/24

let's end mental health discrimination

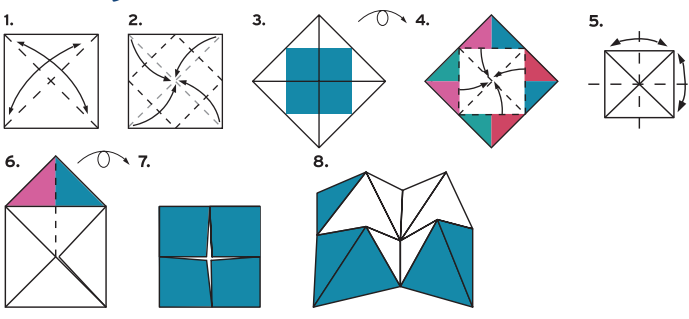
#TimeToTalk

timetotalkday.co.uk

In partnership with



Folding instructions



How to make a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a teal number and open alternately that amount of times
- Pick your final number, open flap and start your conversation