

“NOT
TOOOO
BAD”

**SOMETIMES MEANS
I FEEL LOST AND ALONE**

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

time to change **Wales**

**time to
talk day**

01/02/24

#TimeToTalk

Run by



let's end mental health discrimination

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#TimeToTalk

Four vertical lines of equal length, spaced evenly across the lower half of the page. They are intended for writing a response or notes.

Have a conversation
about mental health