

**“Yeah,
getting
by...”**

SOMETIMES MEANS I WORRY ABOUT PAYING MY BILLS

**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

Funded by



In partnership with



#TimeToTalk

Have a conversation
about mental health

