

**Filled with doubt?  
Talk it out**

**time to  
talk day**

**06/02/25**

**Get comfortable  
and start talking  
about mental  
health**

**#TimeToTalk**

**time to change** **Wales**

**time to  
talk day**

**06/02/25**

**let's end mental health discrimination**

**#TimeToTalk**



In partnership with



#TimeToTalk



Run by:



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Ariennir gan  
**Lywodraeth Cymru**  
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**#TimeToTalk**