



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

Run by



Funded by



In partnership with





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

Run by



Funded by



In partnership with





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

Run by

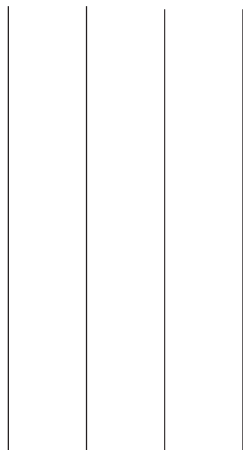


Funded by



In partnership with





#TimeToTalk

**Have a conversation
about mental health**

