

MAKE A DIFFERENCE.

Get involved today

 @timetochange

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www.time-to-change.org.uk

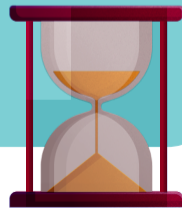


'How are you?'

Showing
you care and
just being there
means a lot.

1 DOLLOP OF PATIENCE

With mental health
there are good days
and bad days.



time to change

let's end mental health discrimination

1 in 4 of us experience a mental health problem in any year. However you do it, make a conversation and show someone you're there when they need you.

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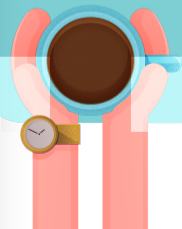
1 FRIENDLY EAR (OR 2)

Listening is as important as talking.



2 CUPS

Natter over a brew or drop a text. Small actions can make a big difference.



0 PRESSURE

You don't have to be a mental health expert to help.

It's not about 'fixing' things, just having a chat.

