

SOMETIMES MEANS SOMETHING ELSE



Tell someone you appreciate what they've done for you



Talk about how money worries can impact mental health



SOMETIMES MEANS SOMETHING ELSE

Talk about how the news can affect mental health

Conversation starter It's not always easy to say how you really feel.

unch with a friend

Have a chat over

But talking openly and honestly can be the first step towards better mental health.

And the more we talk about mental health, the better life is for everyone.

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





#TimeToTalk timetotalkday.co.uk

In partnership with

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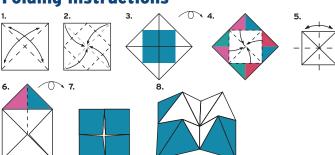








Folding instructions





How to make a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a teal number and open alternately that amount of times
- Pick your final number, open flap and start your conversation