1 in 4 of us will experience a mental health problem in any given year.

Conversations have the power to change lives, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

Make space in your day this Time to Talk Day for a conversation about mental health

Don't try and fix it. Often just listening is enough.

Keep it simple- chat over a cuppa, send a text or go for a walk.

Get involved today
#TimeToTalk

timetotalkday.co.uk

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