

**time to change**  
**time to talk**  
**day 2016**

let's end mental health discrimination

**Let's get  
the nation  
talking.**

**on Thursday 4th  
February 2016**



Mental health problems are common, affecting 1 in 4 people each year. But talking can make a real difference - whether that's a text message, a simple 'how are you?' or a chat over a cuppa.

Join us on Time to Talk Day and log your conversation on our website to be part of the nation's biggest day of talking.

[time-to-change.org.uk/timetotalkday](http://time-to-change.org.uk/timetotalkday)

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