

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

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