



Tell someone you appreciate what they've done for you







Conversation starter

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.

However you do it, have a conversation about mental health this Time to Talk Day.





Listening is just as important as talking, ask someone how they're feeling

Talk, Listen, Change lives

#TimeToTalk seemescotland.org









friend over text check-in with a writing is easier, Sometimes

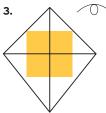


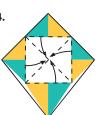


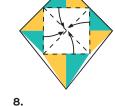
Folding instructions





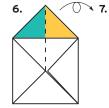
















How to make a conversation

- -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















