



Talk about how money worries can impact mental health





## **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.

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





## Talk, Listen, Change lives

#TimeToTalk seemescotland.org





walking or cooking side can be easier, try talking while Talking side by



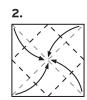
triend over text writing is easier, check-in with a Sometimes

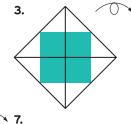


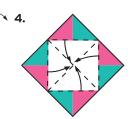


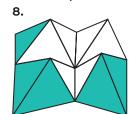
## Folding instructions











## 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































