

I've been
feeling.....
can we talk?

Make space with your
colleagues for a conversation
about mental health
Talk, Listen, Change Lives

time to
talk day

02/02/23

See Me
End mental health
discrimination

#TimeToTalk

Run by



In partnership with



I've got
..... on my mind,
can we talk?

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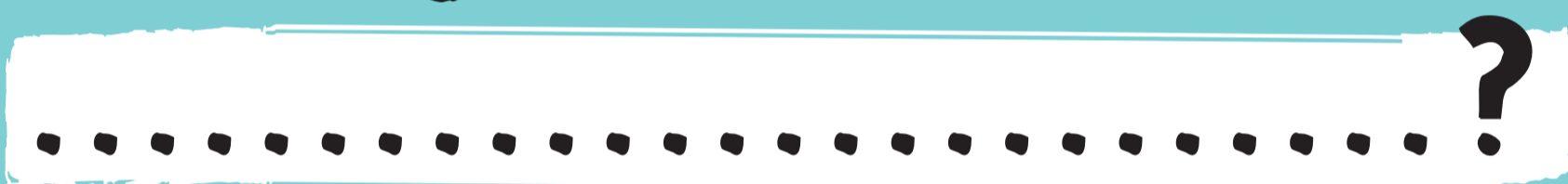
02/02/23

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Are you feeling



I'm here to listen

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