

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

Make space in your day  
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



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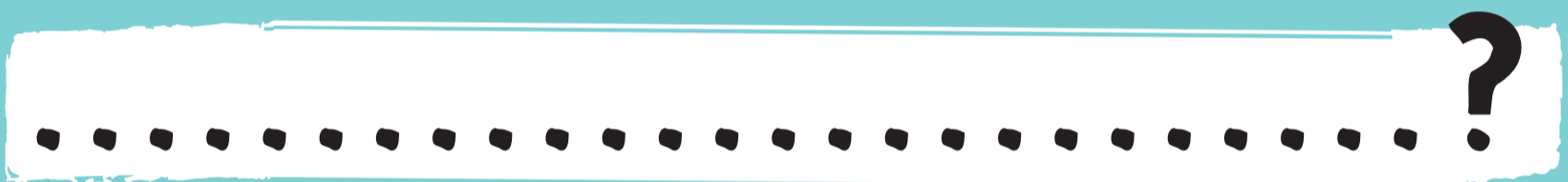


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Are you feeling



I'm here to listen

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**time to  
talk day**  
02/02/23

**See Me**  
End mental health  
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