

3 WEEKS OF PLANNING

60 CUPCAKES BAKED

1 ROOM BOOKED

**50 COLLEAGUES
TALKING**



**However you do it,
make a conversation
about mental health.**

#timetotalk

See Me
End mental health
discrimination
proud partner of Time to Change

**time to
talk day**
07/02/19
let's end mental health discrimination

10 MINUTES

2 CUPS OF TEA

**3 BISCUITS
DUNKED**

0 PRESSURE



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1 OPEN-DOOR POLICY

**10 MINUTES IN THE
BREAK ROOM**

**1 COLLEAGUE
SUPPORTED**



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1 'HOW ARE YOU?'

**2 COMMENTS ABOUT
THE WEATHER**

3 MENTAL HEALTH FACTS

**1 VIEW
BROADENED**



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