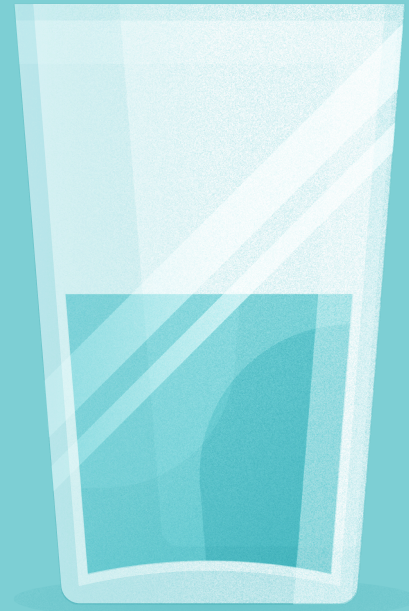


2 CUPS OF WATER
5 MINUTE CHAT
2 STORIES SHARED
1 GLASS HALF FULL



**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