

1

SOMETIMES MEANS SOMETHING ELSE

Good things

2

SOMETIMES MEANS SOMETHING ELSE

Talk about how money worries can impact mental health

3

SOMETIMES MEANS SOMETHING ELSE

Talk about how the news can affect mental health

4

SOMETIMES MEANS SOMETHING ELSE

Tell someone you appreciate what they've done for you

5

SOMETIMES MEANS SOMETHING ELSE

Sometimes writing is easier - check-in with a friend over text

6

SOMETIMES MEANS SOMETHING ELSE

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

7

SOMETIMES MEANS SOMETHING ELSE

Listen to just as important as talking - ask someone how they're feeling

8

SOMETIMES MEANS SOMETHING ELSE

Have a chat over lunch with a friend

9

SOMETIMES MEANS SOMETHING ELSE

Listening is just as important as talking - ask someone how they're feeling

10

SOMETIMES MEANS SOMETHING ELSE

Share something about #TimeToTalk Day on social media

11

SOMETIMES MEANS SOMETHING ELSE

Share something about #TimeToTalk Day on social media

12

SOMETIMES MEANS SOMETHING ELSE

"Yeah, getting by"

13

SOMETIMES MEANS SOMETHING ELSE

"Hey! How's it going?"

Conversation starter

It's not always easy to say how you really feel. But talking openly and honestly can be the first step towards better mental health. And the more we talk about mental health, the better life is for everyone.

Time to Talk Day is the perfect opportunity to start a conversation about mental health.

time to talk day
01/02/24

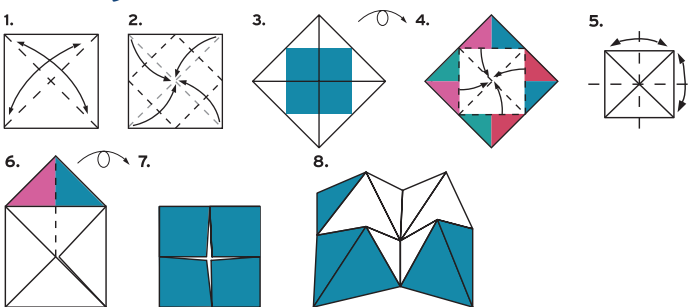
See Me
End mental health discrimination

#TimeToTalk
timetotalkday.co.uk

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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

See Me is run by:



#TimeToTalk

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