

**“NOT
TOOOO
BAD”**

**SOMETIMES MEANS
I FEEL LOST AND ALONE**

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

**time to
talk day**

01/02/24

See Me^{e3}
End mental health
discrimination

#TimeToTalk

See Me is Run by



In partnership with



#TimeToTalk

Have a conversation
about mental health

