



Tell someone you appreciate what they've done for you



Talk about how money worries can impact mental health





Have a chat over lunch with a friend

## **Conversation starter**

Conversations have the power to change lives, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

Make space in your day for a conversation about mental health this Time to Talk Day.





## Talk, Listen, Change lives

#TimeToTalk timetotalkday.co.uk







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



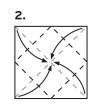
Sometimes writing is easier, check-in with a friend over text

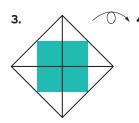


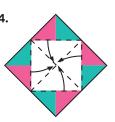


## **Folding instructions**



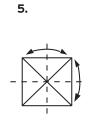


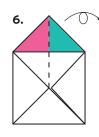


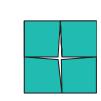


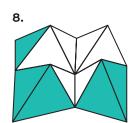


- -Pick a circled number and open in alternate directions that amount of times
- -Pick a teal number and open alternately that amount of times
- -Pick your final number, open flap and start your conversation











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