



Tell someone you appreciate what they've done for you



Ask someone "how are you?" (and mean it!)



## Arrange a meet up with someone you care about



## Choose talk, Change lives.

**CONVERSATION STARTER** 1 in 4 people experience a mental

health problem in any year. Choosing to talk about mental health breaks down

barriers and can change lives. Use this conversation starter to help get people talking.

> #timetotalk time-to-change.org.uk

spoken to for a while you've not Call someone



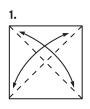
over text with someone Check-in

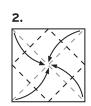


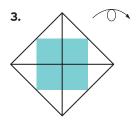


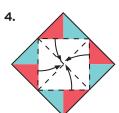


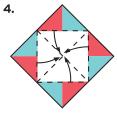
## **Folding Instructions**

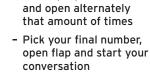












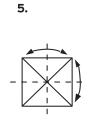
**How to start** 

a conversation - Pick a circled number

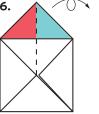
that amount of times

- Pick a purple number

and open in alternate directions

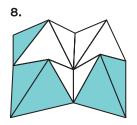








7.





let's end mental health discrimination

time to change