



what they've done for you

1

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





Have a chat over some lunch with someone

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.





Choose talk, Change lives.

#timetotalk time-to-change.org.uk Play a game of 'would you rather?' with someone





Call someone you've not spoken to for a while

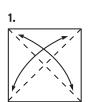
6

Check-in with someone over text

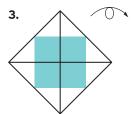


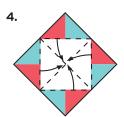


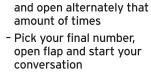
Folding Instructions











that amount of times
- Pick a pink number

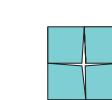
How to make
a conversation

- Pick a circled number and
open in alternate directions

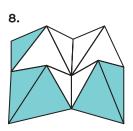
5.







7.





let's end mental health discrimination