



Tell someone you appreciate what they've done for you



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





Have a chat over ome lunch wit someone

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.

However you do it, have a conversation about mental health this Time to Talk Day.





Talk, Listen, Change lives

#TimeToTalk timetotalkday.org.uk







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

6

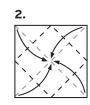
Sometimes writing is easier, check-in with a friend over text

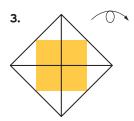


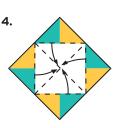


Folding instructions







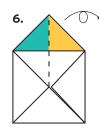


How to make a conversation

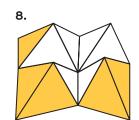
- -Pick a circled number and open in alternate directions that amount of times
- -Pick a teal number and open alternately that amount of times
- -Pick your final number, open flap and start your conversation



5.









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