



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

It's not always easy to talk about mental health. So get comfortable, put the kettle on and have a conversation. Talking openly and honestly can be the first step towards better mental health for everyone.







#TimeToTalk timetotalkday.co.uk



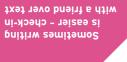
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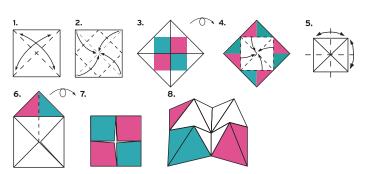








Folding instructions



How to make a conversation starter

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

#TimeToTalk





