

# E-Pet Therapy



5 minutes

**Key message:**

Many people like receiving pictures of cute animals, you can have more impact by adding on an anti-stigma message or a key statistic for people to keep in mind.

**Activity:**

This activity is designed for a feel good factor that also encourages starting a conversation about mental health.

**What to do:**

Find pictures of cute animals through a Google image search as well as some facts about mental health and email both to people around you. Feel free to use the myths and facts we have on our Time to Change [website](#).

Note; this works well in starting conversations with people you know and who are relatively close to you. Not everyone will appreciate an animal image or their inbox filling up!



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