Conversation Starter
1 in 4 people will experience a mental health problem in any year. Talking about mental health doesn’t need to be difficult but can make a big difference. Use our conversation starter to get talking today.

For tips on how to use your conversation starter and why starting a conversation matters, visit time-to-change.org.uk/timetotalkday
And please log your 'five' on the site too.

Folding instructions
1. 2. 3. 4. 5.
6. 7. 8.

- Pick a circled number and open in alternate directions that amount of times
- Pick a pink number and open alternately that amount of times
- Pick your final number, open flap and start your conversation
- Make sure you log your 'five' on time-to-change.org.uk/timetotalkday