

...a stamp...

...3 words...

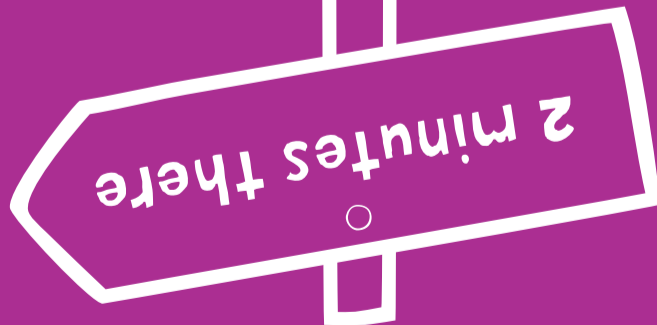


Small things
can make
a big
difference...

...a cup of tea...



#smallthings



...or a short walk.



...a text...

Small things can make a big difference when it comes to mental health.

A text, a cup of tea or a simple
'how are you?' can be all it takes
to be there for someone.

Discover the small things you can do,
or share some of your own, at

time-to-change.org.uk

#smallthings

it's time to talk. it's

time to change

let's end mental health discrimination

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