

time to change

let's end mental health discrimination

Use your Conversation Starter to tick off the types of conversations you've had on your Conversation Bingo.

Tell us when you've got a full house using #TimetoTalk

CONVERSATION BINGO

<p>Use your Conversation Starter to have a chat with a friend</p>			<p>Ask a family member what they do to look after their physical and mental health.</p>	
	<p>Write your own pledge – what can you do to help end mental health stigma</p>	<p>Use your Conversation Starter to have a chat with a teacher about mental health</p>		<p>Share “Let’s talk about mental health like it’s common and everyday... Because it is!”</p>
	<p>Tweet “We all have mental health like we all have physical health #TimetoTalk”</p>		<p>Take a photo of the Time to Talk Day logo and share it on Instagram #TimetoTalk</p>	

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