

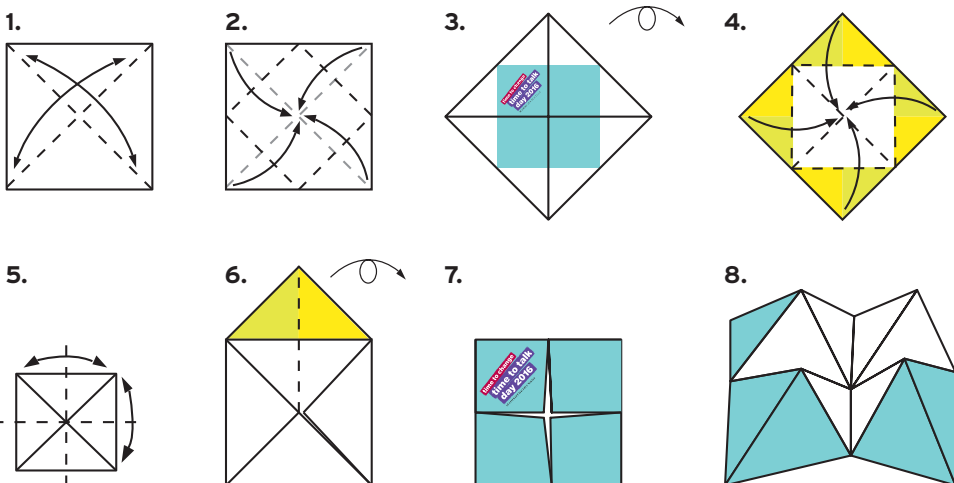
**Conversation Starter**

1 in 4 adults and 1 in 10 young people will experience a mental health problem in any year. Thursday 4th February 2016 is Time to Talk Day and we want you to get the nation talking about mental health using our conversation starter!

You don't have to be an expert. Sometimes a text, a walk or a simple 'how are you?' can make a real difference. Have a chat today and log it on our interactive map!

[time-to-change.org.uk/timetotalkday](http://time-to-change.org.uk/timetotalkday)

**Folding Instructions**



**How to start a conversation**

- Pick a circled number and open in alternate directions that amount of times
- Pick a purple number and open alternately that amount of times
- Pick your final number, open flap and start your conversation
- Make sure you log your chat on the interactive map on [time-to-change.org.uk/timetotalkday](http://time-to-change.org.uk/timetotalkday)

