

it's time to talk. it's

time to change

let's end mental health discrimination

Time to Change Needs You

WE'RE LOOKING FOR VOLUNTEERS
to help break down stigma at the **Time to Change Village**

The Time to Change Village is a pop-up space where people can learn the truth about mental health in an engaging way. Village volunteers challenge stereotypes of mental illness by talking to the public about their lived experiences of mental health problems. Come and join us and be part of the movement to end mental health discrimination!

This summer, Time to Change will be taking the Village to:

Bristol - Saturday 27 & Sunday 28 July

Brighton - Saturday 3 August

Blackpool - Friday 23 August

Cambridge - Saturday 7 September

Newcastle - Saturday 5 October

In your role as a volunteer, you would give up a few hours of your time to come to one of our Villages and share your experiences. We will provide training in advance of the day and travel expenses up to £15.

Sign up now: www.time-to-change.org.uk/village

Or find out more: volunteer@time-to-change.org.uk

07876 500062 (voicemail and text)



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