

You don't have to be an expert to talk about mental health.



Talk, but listen too: simply being there will mean a lot.



Keep in touch: meet up, phone, email or text.



Don't just talk about mental health: chat about everyday things as well.



Remind them you care: small things can make a big difference.



Be patient: ups and downs can happen.

Find out more about mental health and how to be there for someone at time-to-change.org.uk

Someone you know has a mental health problem.

Ready to start your conversation?

it's time to talk. it's

time to change

let's end mental health discrimination

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Fold along dotted line

Cut along grey line