



Get involved today
@timetochange
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time-to-change.org.uk

Keep it simple.

Small actions can make a big difference. Chat over a cuppa, take a walk or send a text.



Don't try and fix it.

Resist the urge to offer quick fixes. Often just listening is enough.



Choose talk, Change lives.

time to change

let's end mental health discrimination

1 in 4 of us will experience a mental health problem in any year.

Choosing to talk about mental health breaks down barriers and can change lives.

Starting a conversation doesn't have to be awkward and it could make a huge difference.

Our tips will help you get started.

You don't have to be an expert.

You don't need all the answers. Just being there means a lot.



Ask questions and listen.

Asking questions shows that you care and want to know how someone's really doing.

