

We are Time to Change,
a growing movement of
people changing how we
all think and act about
mental health problems.

Get involved today

 @timetochange

 /timetochange

time-to-change.org.uk

time to change

let's end mental health discrimination

Show you're willing

Just being there
means a lot.



Step up

Make a brew,
text, take a walk.
Small things
go a long way.



**Listen,
don't judge**

Talking is
important.
So is a
friendly ear.



Be patient

Good days
and bad days
happen.

Be yourself

Talking about
everyday things
helps. You don't
have to fix this.



Support

Remember,
professional
support options
are out there.



**Conversations
change lives**



**Mental health
problems affect
1 in 4 of us
in any year.**



**Surprisingly
common,
isn't it?**



**Yet too many people
are still made to feel
isolated, ashamed
and worthless.**

**Being open to
mental health
problems is
good for all
of us.**



**And it's easier than
you might think.**

**Your
conversation
matters.**



**Any time, any place.
You don't need all
the answers.**