

**time to  
talk day**

**03/02/22**

**See Me**  
End mental health  
discrimination

## COMMUNITY NOTICES

**Don't try  
and fix it**  
Often just listening  
is enough

**Keep it simple**  
Chat over a cuppa,  
send a text  
or go for a walk

**Lets  
talk**

**However you do it, start  
a conversation  
about mental health**

**Ask questions  
and listen**  
Show you want to  
know how someone is  
really doing

**You don't have  
to be an expert**  
Just being there  
means a lot

**Talk, Listen, Change Lives**

Run by



In partnership with

