

4

Your

1

Share with someone the thing that makes you smile the most

2

Text or ask a friend 'How are you?'

1

To start

8

Find out what someone does to unwind on a tough day

Conversation Starter

1 in 4 people will experience a mental health problem in any year. Talking about mental health doesn't need to be difficult but can make a big difference. Use our conversation starter to get talking today.

3

Call someone you've not spoken to for a while

Make someone a cup of tea and have a chat

For tips on how to use your conversation starter and why starting a conversation matters, visit time-to-change.org.uk/timetotalkday

Tell someone how you're feeling today

7

And please log your 'five' on the site too.

time to change

let's end mental health discrimination

4

12

conversation

6

Get some fresh air with someone and see how they're doing

5

Thank someone for something they've done for you

TAKE 5

5