

time to change

let's end mental health discrimination

Time to Talk Day



31st January

At the Salvation Army, Sutton from 2-4pm

Show you're willing
Just being there means a lot

Listen, don't judge
Talking is important.
So is a friendly ear.

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

Be patient
Good days and bad days
happen.

Meet over a tea or coffee and have a chat!

