

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.**