

Tell someone you appreciate what they've done for you



Ask someone 'how are you?' (and mean it!)



Arrange a meet up with someone you care about

a random act of kindness for





CONVERSATION STARTER

1 in 4 people experience a mental health problem in any year. We want you to get the nation talking about mental health using our conversation starter, wherever you are.



Make a conversation. Make a difference. #timetotalk

time-to-change.org.uk



a while spoken to for Call someone you've not

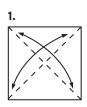


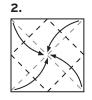
over text with someone Check-in

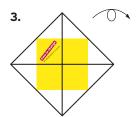


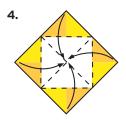


Folding Instructions













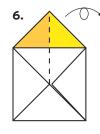
- Pick a circled number and open in alternate directions that amount of times

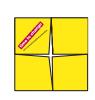
How to make

- Pick a purple number and open alternately that amount of times
- Pick vour final number. open flap and start your conversation

5.







7.

