

time to change

let's end mental health discrimination

Conversations change lives

Tuesday 7th February 2017

time to change

**time to talk
day 2017**

let's end mental health discrimination

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Time to Talk

Too many young people with mental health problems are made to feel isolated and ashamed.

The way you act towards them can change their life.

Time to Talk Day is on Tuesday 7th February.
Over 600 schools are taking part!!

Come to The Atrium at break and lunchtime to find out more.



**Get talking
about mental
health.**

Time to Talk

**Start a
conversation
and change
someone's life**

Time to Talk

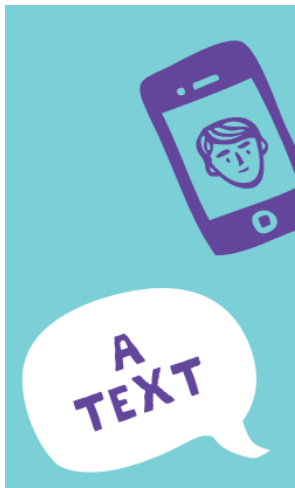
1 in 10 young people will experience a mental health problem, such as depression, anxiety, an eating disorder or psychosis.

That's 3 people in your average classroom.

How will you use your power to support a friend or classmate?



Time to Talk



“Mental illnesses can make people feel very isolated, especially if people are not supportive.

Listen, be patient and simply be kind.”

Gemma

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Thank You

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