

MENTAL HEALTH CONVERSATION STARTER

TALK

1

CHAT

2

3

CONVERSATION STARTER

Around one in four people will experience a mental health problem this year. Talking about how we feel doesn't need to be difficult and it can make a big difference.

Use our conversation starter to get talking today.

4

5

SHARE

SPEAK

time to change

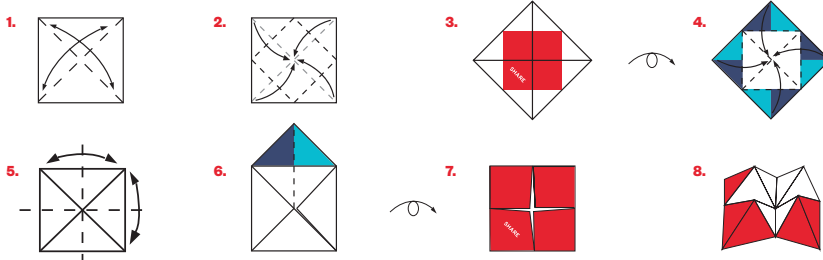
let's end mental health discrimination

Visit time-to-change.org.uk for more free resources and videos.

6

7

Folding instructions



Using the conversation starter

1. Pick a conversation word - TALK, CHAT, SPEAK or SHARE.
2. Open the conversation starter in alternate directions for each letter in the word (e.g. four times for TALK, five times for SHARE).
3. Pick a number and open the conversation starter alternately that number of times.
4. Pick your final number, open the flap and start talking!