Conversation starter
Conversations have the power to change lives, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

However you do it, have a conversation about mental health this Time to Talk Day.

1. Talk
Ask someone "how are you?" (and mean it!)

2. Talk
Talk to a friend or celebrity who has spoken openly about mental health

3. Talk
Share something about social media

4. Listen
Tell someone you appreciate what they’ve done for you

5. Change
Changing the world, changing yourself: Take small steps daily

6. Connect
Listening is just as important as talking, ask how they’re feeling

7. Connect
Have a chat over coffee or walking, cooking, writing

8. Connect
Make a checklist with a friend, writing is easier

Folding instructions:
1. 2. 3. 4. 5. 6. 7. 8.

How to make a conversation:
- Pick a circled number and open in alternate directions that amount of times
- Pick a teal number and open alternately that amount of times
- Pick your final number, open flap and start your conversation

Mental Health Awareness Week 2022
www.changeyourmindni.org