

**1** **SOMETIMES MEANS SOMETHING ELSE**  
**“GODS SENDS”**  
 Talk about how the news can affect mental health

**2** **SOMETIMES MEANS SOMETHING ELSE**  
 Tell someone you appreciate what they've done for you

**3** **SOMETIMES MEANS SOMETHING ELSE**  
 Have a chat over lunch with a friend

**4** **SOMETIMES MEANS SOMETHING ELSE**  
**“NOT TOO BAD”**  
 Listening is just as important as talking - ask someone how they're feeling

**5** **SOMETIMES MEANS SOMETHING ELSE**  
**“Hey! How's it going??”**  
 Sometimes writing is easier - check-in with a friend over text

**6** **SOMETIMES MEANS SOMETHING ELSE**  
**“Yeah, getting by...”**  
 Talking side-by-side - try talking while walking or cooking

**7** **SOMETIMES MEANS SOMETHING ELSE**  
 Share something about #TimeToTalk Day on social media

**8** **SOMETIMES MEANS SOMETHING ELSE**  
 Talk about how the news can affect mental health

**9** **SOMETIMES MEANS SOMETHING ELSE**  
 Have a chat over lunch with a friend

**10** **SOMETIMES MEANS SOMETHING ELSE**  
 Listen to a friend

**11** **SOMETIMES MEANS SOMETHING ELSE**  
 Listen to a friend

**12** **SOMETIMES MEANS SOMETHING ELSE**  
**“Yeah, getting by...”**

**Conversation starter**  
 It's not always easy to say how you really feel. But talking openly and honestly can be the first step towards better mental health. And the more we talk about mental health, the better life is for everyone.  
 Time to Talk Day is the perfect opportunity to start a conversation about mental health.

**time to talk day**  
**01/02/24**

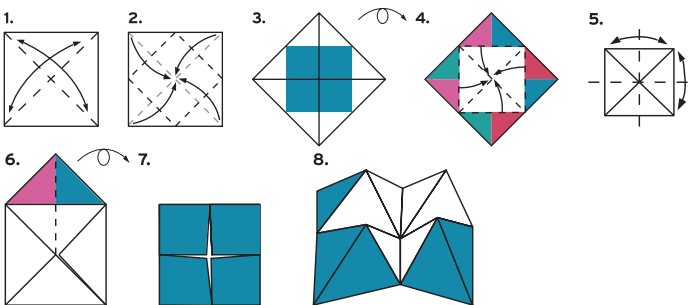
**inspire**  
 wellbeing, ability, recovery

In partnership with **o3**

**#TimeToTalk**  
[timetotalkday.co.uk](http://timetotalkday.co.uk)

**Share something about #TimeToTalk Day on social media**

**Folding instructions**



**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

**#TimeToTalk**

**time to talk day**  
**01/02/24**

**inspire**  
 wellbeing, ability, recovery

In partnership with **o3**

In partnership with **o3**