



Tell someone you appreciate what they've done for you



Talk about how money worries can impact mental health





lunch with a friend Have a chat over

## **Conversation starter**

It's not always easy to talk about mental health. So get comfortable, put the kettle on and have a conversation. Talking openly and honestly can be the first step towards better mental health for everyone.







how they're feeling



#TimeToTalk timetotalkday.co.uk

In partnership with









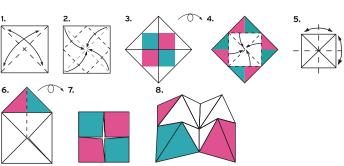


with a friend over text is easier - check-in Sometimes writing





## **Folding instructions**





## How to make a conversation starter

- Pick a circled number and open in alternate directions that amount of times
- Pick a blue number and open alternately that amount of times
- Pick your final number, open flap and start your conversation

