Conversation Starter

1 in 4 people will experience a mental health problem this year. Get talking using this mental health conversation starter.

You don't have to be an expert. Sometimes a text, a walk or a simple ‘how are you?’ can make a real difference.

time-to-change.org.uk

Folding Instructions

1. 2. 3. 4. 5. 6. 7. 8.

How to start a conversation
- Pick a circled number and open in alternate directions that amount of times
- Pick a purple number and open alternately that amount of times
- Pick your final number, open flap and start your conversation
- Make sure you log your chat on the interactive map on time-to-change.org.uk