



Tell someone you appreciate what they've done for you



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





Have a chat over some lunch with someone

CONVERSATION STARTER

We all have mental health, and any of us could struggle. Choosing to talk about mental health breaks down barriers and can change lives. Use this conversation starter to help get people talking.







Choose talk, Change lives.

#timetotalk www.seemescotland.org Play a game of 'would you rather?' with





spoken to for a while Call someone you've not

over text with someone Check-in

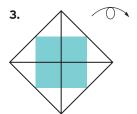


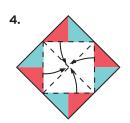


Folding Instructions







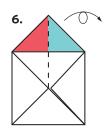


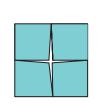
How to make a conversation

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

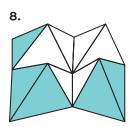
5.







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