

WOULD YOU RATHER

Kiss a jellyfish?

OR

**Talk to a
colleague who feels
all at sea?**



See Me
End mental health
discrimination

**time to
talk day**
06/02/20

**Choose talk,
Change lives.**

Together we'll end
mental health stigma.

#timetotalk

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WOULD YOU RATHER

Have the neck of
an ostrich?

OR

Talk to a
colleague who's burying
their feelings?

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