

WOULD YOU RATHER

**Kiss a jellyfish?**



OR

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

Choose talk, change lives.  
Together we'll end mental health stigma.

**time to  
talk day**

**06/02/20**

#timetotalk

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End mental health  
discrimination

WOULD YOU RATHER

**Have the neck of  
an ostrich?**



OR



**Talk to a  
friend who's burying  
their feelings?**

Choose talk, change lives.  
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WOULD YOU RATHER

**Be stuck in a  
spider's web?**



OR

**Talk to a friend  
who feels trapped in  
their thoughts?**

Choose talk, change lives.  
Together we'll end mental health stigma.

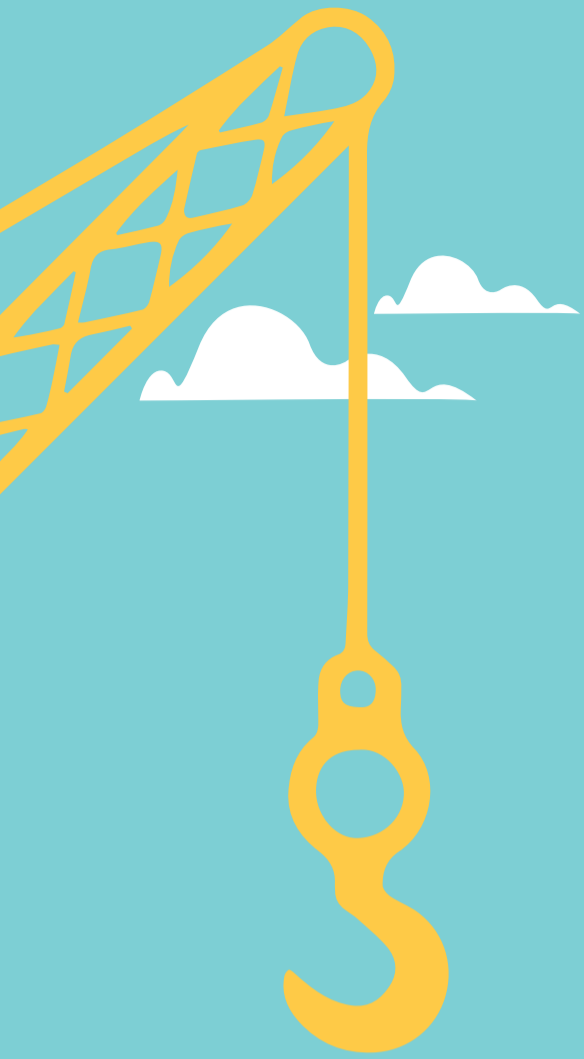
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WOULD YOU RATHER

**Build a never  
ending wall?**

OR

**Talk to a mate  
about mental health?**

Choose talk, change lives.  
Together we'll end mental health stigma.

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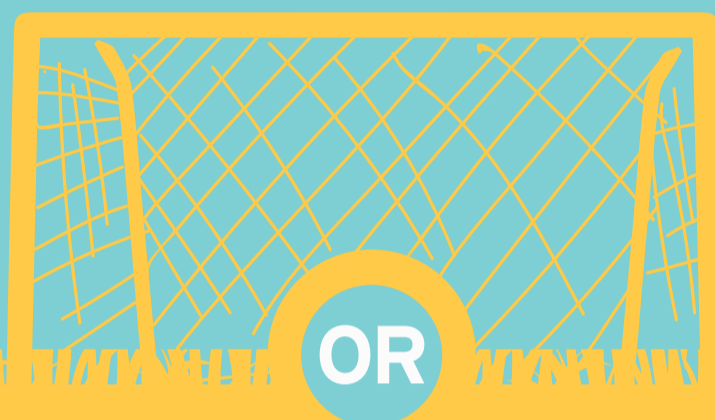
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WOULD YOU RATHER



**Miss a  
penalty?**



**Talk to a  
team mate about  
mental health?**

Choose talk, change lives.  
Together we'll end mental health stigma.

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

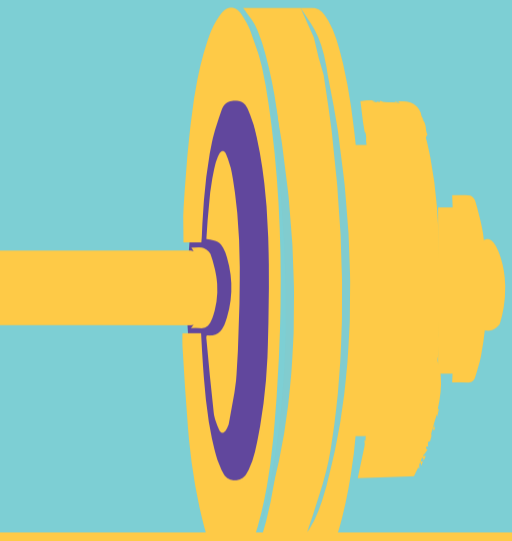
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WOULD YOU RATHER

**Do 1000  
burpees?**



OR



**Talk to a  
friend about  
mental health?**

Choose talk, change lives.  
Together we'll end mental health stigma.

**time to  
talk day**

**06/02/20**

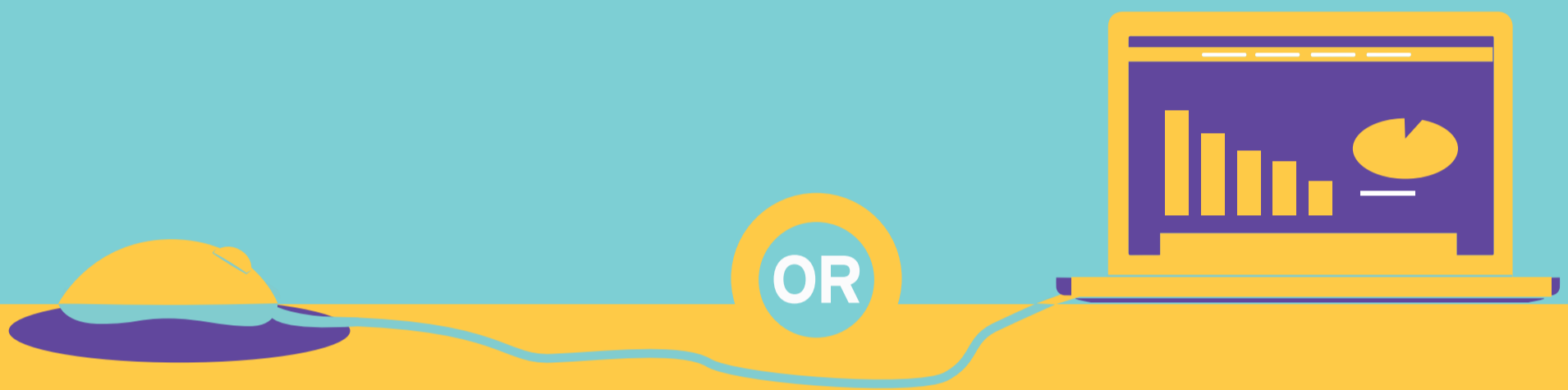
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WOULD YOU RATHER

**Sort through a  
mountain of emails?**



**Talk to a  
colleague about  
mental health?**

Choose talk, change lives.  
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WOULD YOU RATHER

**Drink salt  
in your tea?**



OR



**Talk to a  
friend about  
mental health?**

Choose talk, change lives.  
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