

**“Yeah,
getting
by...”**

SOMETIMES MEANS I WORRY ABOUT PAYING MY BILLS

**Time to Talk Day is the perfect opportunity
to start a conversation about mental health**

**time to
talk day**

01/02/24

See Me^{e3}
End mental health
discrimination

#TimeToTalk

See Me is Run by



In partnership with



#TimeToTalk

Four vertical lines of equal length, spaced evenly across the lower half of the page. They are intended for writing a response or notes.

Have a conversation
about mental health