

# “NOT TOO BAD”

SOMETIMES MEANS WE'RE HIDING  
HOW WE REALLY FEEL

JOIN US THIS  
TIME TO TALK DAY

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

time to  
talk day

01/02/24

See Me  
End mental health  
discrimination

#TimeToTalk

See Me is run by



In partnership with

