

**“IT’S
ALLLL
GOOD!”**

**SOMETIMES MEANS I’M
STRESSED AND BURNED OUT**

**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. These lines are intended to guide the placement of text or a list of items.

Have a conversation
about mental health