

BE IN YOUR MATE'S CORNER

1 in 4 of us will fight mental health problems this year. So if your 'mate's acting differently, step in.

- 1 Text, call, reach out**
- 2 Listen without judging**
- 3 Be yourself, do everyday things**

time-to-change.org.uk
[#inyourcorner](https://twitter.com/inyourcorner)



time to change

let's end mental health discrimination

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