

Because #StigmaStillExists

time to change

worcestershire

let's end mental health discrimination

Some things are just wrong - and being silent about mental health is one of them - let's mix it up




Our Time to Change Worcestershire Champions have put together these extra resources to help you to run your own activities.

We are promoting the theme of turning **SILENT** into **LISTEN** this year in Herefordshire and Worcestershire.

We want to encourage people not to stay **SILENT** about their own mental health problems and we want people to know that just to **LISTEN** can be enough, you don't have to be an expert and you don't have to fix anything.

Get involved...

Like, Share, Comment on our social media pages.

 Twitter @TTCWorcs

 Facebook @TTCWorcs

 Time-to-Change Worcestershire

Look out for and join in with Time to Change Worcestershire activities and campaigns

We think every day is a time to talk day, so we are keeping the conversation going.

If you want to find out more about running activities in the future, keep in touch!

You can call us on 01684 312730

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