

T₁ A₁ L₁ K₅

Listen

change lives ✓✓

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listen

change lives ✓✓

**However you do it, start
a conversation about
mental health**

#TimeToTalk

CHANGE
YOUR MIND



**time to
talk day**
03/02/22

In partnership with



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Project supported by the PHA



**time to
talk day**

03/02/22



**CHANGE
YOUR MIND**

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