

Time to Talk

What is Time to Talk?

- Time to Talk Day was started by Time to Change, a campaign to end mental health stigma and discrimination
- Time to Change was run by Mind and Rethink Mental Illness and funded by Comic Relief, Department of Health and Social Care and the National Lottery Community Fund.
- The campaign is also aimed especially at school children, who may be going through a lot of stress and need help to open up about their problems

