

BE IN YOUR MATE'S CORNER

1 in 10 young people will experience
a mental health problem this year.
If your mate's acting differently, step in.

- 1 Text, call, reach out
- 2 Listen, don't judge
- 3 Do something together

time-to-change.org.uk
#inyourcorner

time to change

let's end mental health discrimination

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