

Being open  
about  
mental health  
makes life better  
for us all

Discover other small things you can do, or share some of your own, at [time-to-change.org.uk](http://time-to-change.org.uk)

#smallthings



"When I'm not feeling as sparkly as I usually do he just brings me a cup of tea"

"If you're feeling down, sometimes all you need is that kind word"

Small things  
can make  
a big  
difference...

it's time to talk. it's  
time to change

let's end mental health discrimination

when it  
comes to  
mental  
health

1.

**Don't just talk, listen:**

Simply being there can mean the world.



"I'm not an expert; I just listen like a friend."

2.

**Show you care:**

Small things can make a big difference.



"He did my washing up without me asking! It helped a lot that day."

3.

**Keep in touch:**

Text, call, email or meet up - whatever works for you.



"My weekly texts from Matt made me smile."