

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

#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."