



MIND MATTERS



TEA AND TALK

Supporting mental health conversations

Join us at our Tea & Talk event to get together with a brew for a chat about our mental health.

Mental health problems are very common and affect one in four of us, yet some people are still afraid to talk about them. Just having a conversation about mental health with a friend, family member or support worker can help to make things easier, and also break down the silence and stigma around the subject.

TIME: _____

DATE: _____

PLACE: _____

