



**The power of  
small: start your  
mental health  
conversation**

Thursday, 4 Feb  
2-3pm



**Let's start talking**

Together we will end mental health stigma

**#TimeToTalk**

**time to change**

**time to  
talk day**

**04/02/21**



**SCAN ME**

 **mind in Harrow**  
for better mental health