

WOULD YOU RATHER

Kiss a jellyfish?



OR

**Talk to a
colleague who feels
all at sea?**

Choose talk, change lives.
Together we'll end mental health stigma.

**time to
talk day**

06/02/20

#timetotalk

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WOULD YOU RATHER

**Have the neck of
an ostrich?**



OR



**Talk to a
friend who's burying
their feelings?**

Choose talk, change lives.
Together we'll end mental health stigma.

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WOULD YOU RATHER

**Be stuck in a
spider's web?**



OR

**Talk to a friend
who feels trapped in
their thoughts?**

Choose talk, change lives.
Together we'll end mental health stigma.

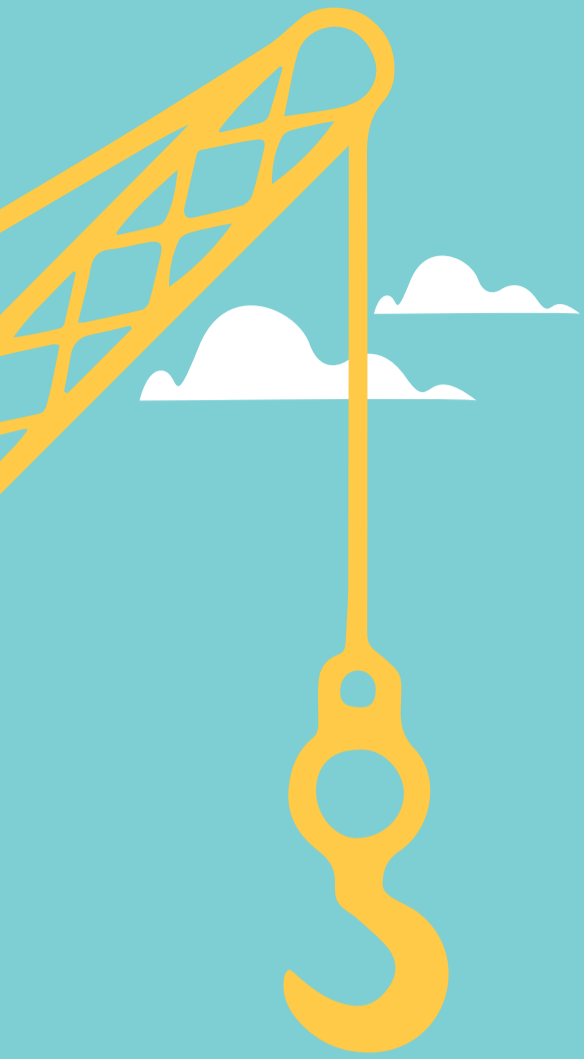
**time to
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WOULD YOU RATHER

**Build a never
ending wall?**

OR

**Talk to a mate
about mental health?**

Choose talk, change lives.
Together we'll end mental health stigma.

**time to
talk day**

06/02/20

#timetotalk

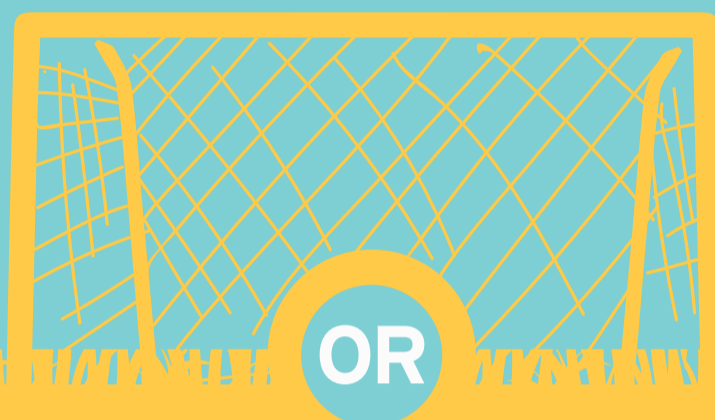
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WOULD YOU RATHER



**Miss a
penalty?**



**Talk to a
team mate about
mental health?**

Choose talk, change lives.
Together we'll end mental health stigma.

**time to
talk day**
06/02/20

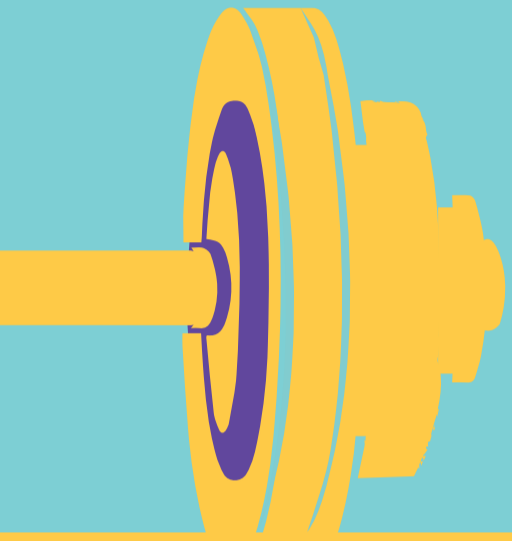
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WOULD YOU RATHER

**Do 1000
burpees?**



OR



**Talk to a
friend about
mental health?**

Choose talk, change lives.
Together we'll end mental health stigma.

**time to
talk day**

06/02/20

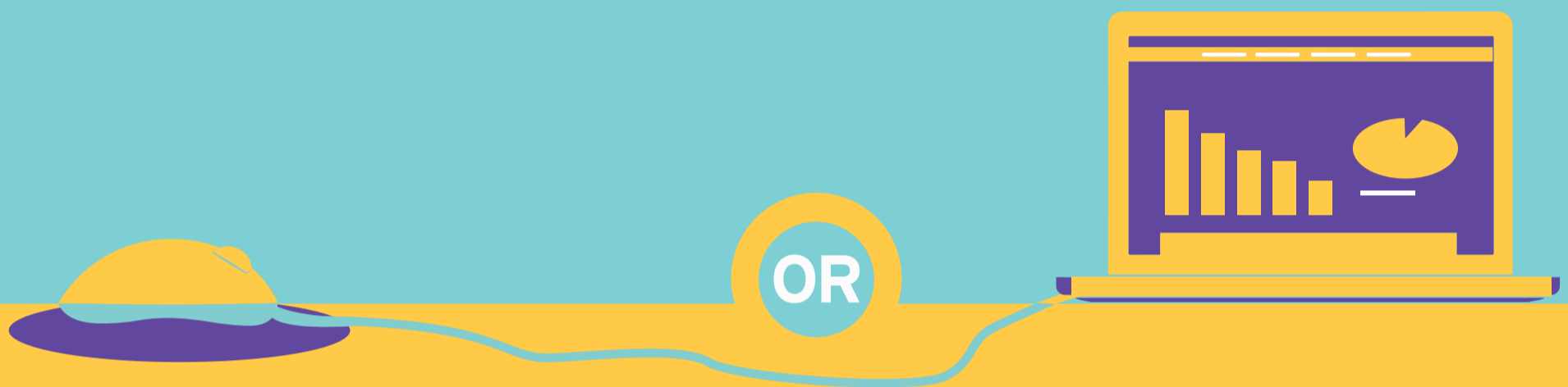
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WOULD YOU RATHER

**Sort through a
mountain of emails?**



**Talk to a
colleague about
mental health?**

Choose talk, change lives.
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WOULD YOU RATHER

**Drink salt
in your tea?**



OR



**Talk to a
friend about
mental health?**

Choose talk, change lives.
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