

# Tea and Talk



6th February 2020  
11 am - 12 pm



## Main Library - Student Wellbeing Space

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

**time to change**

**time to  
talk day**

**06/02/20**

#timetotalk

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

**SIXWAYS**  
to wellbeing

**proud to support**

**time to change**

let's end mental health discrimination