

time to change
north yorkshire

let's end mental health discrimination

**It's good to talk.
Let's talk more about
our mental health.**



We are looking for people across North Yorkshire to help us get more conversations started to reduce the stigma and isolation that affects people with poor mental health.

**Turn over to find out how to
join our network and get involved...**

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Time to Change is a national initiative reducing mental health stigma and isolation through conversations, either face-to-face or online. Ideas and resources can be found at www.time-to-change.org.uk

North Yorkshire Time to Change Organic Hub is a network hosted by NYCC Public Health. By working together we can reach as broad an audience as possible with the message 'it's good to talk'.

Scarborough Survivors is a mental health charity and, as lead partner, administers the hub and facilitates communication with anyone who wishes to engage with anti-stigma activities across the county of North Yorkshire. This can be individuals, statutory, voluntary or private organisations, local or national businesses.

Do you have a story you would like to share? Or an idea for a conversation activity or event? We would love to hear from you. To find out more or get involved you can get in touch by ringing **01723 500222** send an email to: survivorstimetochange@gmail.com or find us on  www.facebook.com/Survivors-Time-to-Change-138617846746383/




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