



Get talking  
about mental  
health.

## Time to talk event

Thursday, 2<sup>nd</sup> February 2017

From 5<sup>pm</sup> Makerspace is having tea, scones and a nice chat. A nice, positive chat about mental health.

There are lots of things that make a difference to feeling better. And there are lots of people with all sorts of different experiences. We've already found chatting about this good – even just from thinking about hosting a 'time to talk' event.

Come share. There'll be games, quiz, chill-out too. Free and open and companionable.

Find out more:

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

Come visit:

Arch 1129, 41 Norwood Road  
Herne Hill SE24 9AJ

