

it's time to talk. it's

**time to change**

let's end mental health discrimination

# Time to Change Needs You

**WE'RE LOOKING FOR VOLUNTEERS**  
to help break down stigma at the **Time to Change Village**

**Shopping Centre, Lewisham, SE13 7HB**  
**Saturday 26 October 2013**

The Time to Change Village - 'Lewisham-on-Sea' is a 'pop-up' space where people can learn the truth about mental health in an engaging and fun way!

Village volunteers will challenge stereotypes of mental illness by talking to the public about their lived experiences of mental health problems. Come and join us and be part of the social movement to end mental health discrimination!

In your role as a volunteer, we ask you to give up a few hours of your time to come to the Village and share your experiences. We will provide training in advance of the day and travel expenses up to £15.

**Sign up now:** [www.time-to-change.org.uk/lewishamvillage](http://www.time-to-change.org.uk/lewishamvillage)

**Or find out more:** [volunteer@time-to-change.org.uk](mailto:volunteer@time-to-change.org.uk)

**07876 500062 (voicemail and text)**



Funded by

