

Living Library - 'Time to Talk' Event at Croydon Library

Ever wanted to ask a book a question?
Now you can.....

time to change

let's end mental health discrimination

"Borrow a real life experience"

by chatting to people about mental health & emotional wellbeing

Interested?

**Thursday 6th Feb
2014 on Level 2
2pm - 4.30pm**

FREE EVENT

For further information
Please call
020 82538205/6

depression

anxiety

stigma

mental illness

wellbeing

yoga

voices

h



time-to-change.org.uk

#TimetoTalk

If you are interested in
being a 'book'
or would like to help out
on the day

Please call Dora
T: 020 8253 8205/6



For better
mental health