



**Mentally Healthy Leeds**  
Let's connect and feel good

**Special guest**  
Local BBC Radio  
Leeds and Look  
North presenter  
**Sanchez Payne**

# TIME TO TALK DAY 2023



**02.02.2023 | 11am-3pm**

**ST CYPRIAN'S HALL, COLDCOTES AVENUE,  
HAREHILLS, LEEDS LS9 6ND**

In honour of Time to Talk Day 2023, Mentally Healthy Leeds are hosting a Living Library event.

Come along and 'check out' one of our human books and have a conversation about mental health.

**Expect free gift bags and Tombola!  
Plus free Refreshments!**