

**TEA**  
& **TALK**  
Mental Health Foundation



### How to make your bunting

Print triangles on card or paper and cut on the dotted outlines.

Use pink ribbon or string and lay out your design on top, making sure the spaces between the triangles are the same.

Fold the tops over your ribbon and glue or staple the triangles in place.



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**Have a natter.  
Raise money.  
Change lives.**

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