

time to
talk day

02/02/23



WHAT IS TIME TO TALK DAY?

Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

We are pleased to announce Time to Talk Day 2023 will take place 2 February 2023, run by Mind and Rethink Mental Illness, in partnership with the Co-op and with support from Time To Change Wales, See Me and Change Your Mind / Inspire.

We know the more conversations we have, the better life is for everyone. Talking about mental health isn't always easy, but a conversation has the power to change lives.

Explore this booklet for ideas on how to take part in Time to Talk Day, from organising an event in your local library or hosting a lunch and learn session to simply sharing information on social media or texting a friend.

Make space in your day for a conversation about mental health this Time to Talk Day.

WHY TALKING IS IMPORTANT

One in 4 of us will experience a mental health problem in any given year. We want everyone to feel comfortable talking about mental health – whenever they like. Talking about mental health reduces stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it. That's why opening up the conversation about mental health problems is so important – by talking about it we can support ourselves and others. However you do it, have a conversation about mental health.

Are you feeling

.....?

I'm here to listen

TALKING TIPS

Time to Talk Day is about us all being open to the idea of talking – we all have mental health, and by having conversations about it we can help ourselves and others. It's not about encouraging people to talk about a mental health problem if they don't want to.

Running an event in your community, sharing articles or videos, hosting a lunch and learn session at work, or asking others how they're doing are simple ways to start conversations about mental health and show the people in your life you're prepared to talk and listen without judgment.

If someone does open up about their mental health, we know it might not always feel easy to know what to say. But it doesn't have to be awkward, and being there for someone can make a big difference.

There is no right way to talk about mental health; however, these tips can help make sure you're approaching it in a helpful way.

1

- Ask questions and listen

Asking questions can give the person space to express how they're feeling and what they're going through, and it will help you to understand their experience better. Try to ask questions that are open and not leading or judgmental, like "how does that affect you?" or "what does it feel like?"

Think about the time and place

Sometimes it's easier to talk side by side rather than face to face. So, if you do talk in person, you might want to chat while you are doing something else. You could start a conversation when you're walking, cooking or stuck in traffic. However, don't let the search for the perfect place put you off!

2

Don't try and fix it

It can be hard to see someone you care about having a difficult time but try to resist the urge to offer quick fixes to what they're going through. Learning to manage or recover from a mental health problem can be a long journey, and they've likely already considered lots of different tools and strategies. Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.

3

Treat them the same

When someone has a mental health problem, they're still the same person as they were before. And that means when a friend or loved one opens up about mental health, they don't want to be treated any differently. If you want to support them, keep it simple. Do the things you'd normally do.

4

5

Be patient

No matter how hard you try, some people might not be ready to talk about what they're going through. That's ok – the fact that you've tried to talk to them about it may make it easier for them to open up another time.

HOW TO TAKE PART

Time to Talk Day takes place every February, and we need your help to get the nation talking about mental health.

Talking and listening about mental health has the power to change lives. Each conversation we have contributes to reducing mental health stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

There are lots of ways to get involved, from sharing on social media using #TimeToTalk and having conversations with your friends and family, to organising activity and events in your community. Here are some suggestions to help you plan how you'll support Time to Talk Day.

However you do it, make space in your day for a conversation about mental health.



#timetotalk

You could host a tea and talk event in your community centre, put some posters up on a community notice board, run a lunch and learn in the office. It can be as simple as texting a friend. However you do it, make space for a conversation on Time to Talk Day.

DRAW WHAT MAKES YOU HAPPY

Arts and craft activities are a great way to start conversations. People can draw or write down anything that makes them happy. You can do this in person or on a video call. If you're using a video call you can try out the share screen option and take it in turns to draw. Once you've all had a go you can talk more generally about mental health. You can share your finished artwork on social media using #TimeToTalk



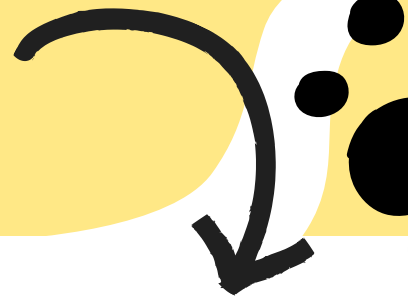
VIRTUAL BAKE OFF

Put your baking skills to the test with a virtual bake off. Choose a recipe and bring everyone together on a video chat to bake it at the same time. You can talk about mental health while you bake. Don't forget to share some photos of your creation on social media using #TimeToTalk



SHARE ON SOCIAL

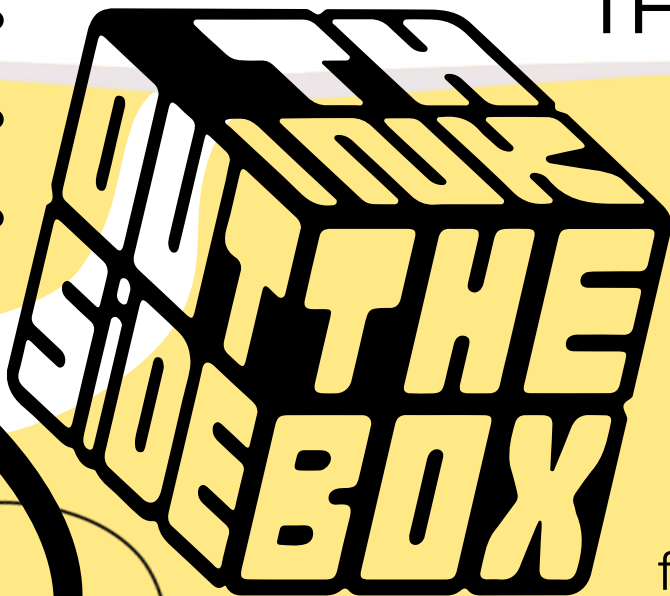
Let as many people as possible know what Time to Talk Day is all about and why it's important to you. Visit the time to talk day website for lots of downloadable material for you to share far and wide!



• www.timetotalkday.co.uk

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THINK OUTSIDE THE BOX



The most exciting thing about Time to Talk Day is the creative ways people start their conversations. In the past, people have created fortune cookies with mental health facts inside. People have written

and shared poems, put on music or comedy gigs. Others have reached out to someone they've not spoken to in years or made cakes for a neighbour. Whatever you're comfortable doing, Time to Talk Day is a chance to get people talking about mental health.

WALK AND TALK

Sometimes it's easier to have a conversation when you're doing something active. Why not arrange a walk and talk event for people in your community? You could give people conversation cards to break the ice and help them start a conversation about mental health.



TEA AND TALK

If you have access to a public space like a community centre or an office reception, you could host a drop-in tea and talk event. A relaxed setting can help people be open to talking, and listening, about mental health. Download a poster to promote your event.



ROCK PAINTING

Find some stones and get painting. Use colour, words, or illustrations to transform each stone into a conversation starter, taking inspiration from some of our campaign materials. Once dried you can hide your stones in a local park or community space. The aim is to encourage those that find the stone to start a mental health conversation - if you include #TimeToTalk they may even share their discovery on social media.



YOU CAN ALSO DOWNLOAD OR
FUNDRAISING PACK OR VOLUNTEER PACK
FOR EVEN MORE IDEAS ON HOW TO GET
INVOLVED!



VISIT OUR
WEBSITE TO FIND
OUT MORE!

www.mentalhealth-charter.co.uk