



# Health & Wellbeing

Choose to talk  
about mental health this  
Time to Talk Day



## Time to Talk day

Thursday 2 February 2023

Time to Talk day is the nation's biggest mental health conversation. The day is all about creating supportive communities by having conversations with family, friends or colleagues about mental health.

### HOW TO TAKE PART

#### REMEMBER, EVERY CONVERSATION MATTERS:

- CHECK-IN WITH A FRIEND
- HOST A COFFEE AND CHAT MORNING
- PUT SOME POSTERS UP IN SCHOOL
- RUN A LUNCH AND LEARN IN THE OFFICE
- SIMPLY TEXT A FRIEND

*Just talking can be really powerful, so unless someone suffering with their mental health has asked for advice directly, it might be best just to listen.*

**There is no right way to talk about mental health, 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.
2. **Think about the time and place** – Sometimes its easier to talk side by side rather than face to face. You might want to chat while you are doing something else.
3. **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.
4. **Treat them the same** – When someone has a mental health problem, they're still the same person as they were before. If you want to support them, try not to treat them any differently. Do the things you'd normally do.
5. **Be patient** – No matter how hard you try, some people might not be ready to talk about what they're going through.

If you're living with a mental health problem, or supporting someone who is, and would like further information and support please visit:  
[www.mind.org.uk/information-support](http://www.mind.org.uk/information-support)

Alternatively, you can contact the Mind Helpline on **0300 123 3393**

Too many people still feel isolated and ashamed when it comes to mental health

