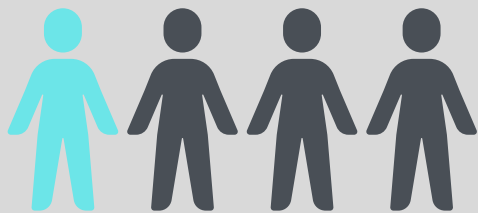


# Time to Talk Day

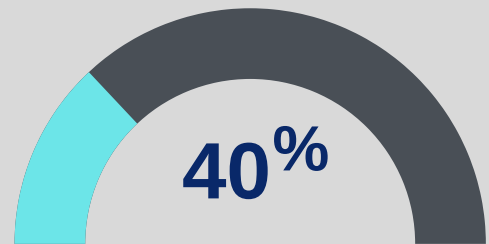
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## Time to Talk Day

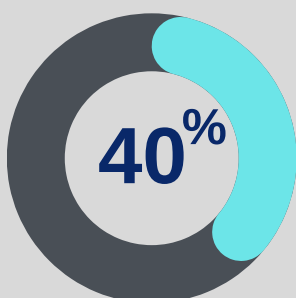
is dedicated to breaking down the stigma attached to mental health problems. It is a day that friends, families, communities, and workplaces come together to talk, normal the conversation, listen and change lives.



1 in 4 people experience a mental health problem at some point in their lifetime.



of adults would be willing to tell their manager or Human Resources Department about their mental health.



of young people would tell someone if they were struggling to cope whereas almost **70%** would tell someone if they were physically unwell.

# Why its Good to Talk about Mental Health



## **Reduces Stigma**

Talking about mental health can help create a more accepting society where people feel comfortable to open up.



## **Lowers the risk of suicide**

Talking openly and honestly about mental health can help save a life.



## **Breaks down stereotypes**

Helps fight against societal stereotyped views of mental health.



## **Aids Recovery**

Can encourage and provide someone with the confidence to seek out professional support.



## **Promotes good mental health**

Talking about feelings and thoughts can help reduce stress and influence mental health in a positive way.

# Mental Health Resources and Support

Click on images to download information

## Time to Talk Day

Order your free resource pack from See Me to get involved in this year's campaign and make space in your day for a conversation about mental health.



## See Me

“Let’s Chat” is a practical tool with guidance, tips and scenarios for line managers and supervisors to start open and honest conversations about mental health in the workplace, without fear of stigma and discrimination.



## Helplines

**National Debt Helpline:** Call 0808 808 4000, Monday to Friday 9am- 8pm and Saturday 9:30am - 1pm.

**Samaritans:** Call free **116 123**. A confidential support to anyone, any age

**The Silver Line:** free helpline for older people open 24 hours a day, 365 days a year. Call **0800 4 70 80 90**

**Childline:** open 24 hours a day, 7 days a week. Call **0800 1111**

**Breathing Space:** Call **0800 83 85 87**  
Weekdays: Monday-Thursday 6pm to 2am. Weekend: Friday 6pm - Monday 6am

## Self Help and Care

