

## Time to Talk Day 2021



Once again, we're proud to join Time to Change for "**Time to Talk Day**" on Thursday 4 February.

*Time to Talk Day is the day chosen to get the nation talking about mental health. This year's event might look a little different, but at times like this, open conversations about mental health are more important than ever.*

This year's theme is **THE POWER OF SMALL**. A small conversation about mental health can make a big difference, by challenging myths and stereotypes, and removing and barriers to help end the isolation, shame and worthlessness that many of us with mental health issues are made to feel.

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**Please support Time to Talk Day by starting the conversation on 4 February**– together we can end mental health stigma. Reach out to friends, family, work colleagues and associates...

- **Start Small:** send a simple message such as "Hello, how are you doing?" or a photo that will make them smile, saying "I thought you'd love this and hope you're doing ok today." Just knowing you are thinking of them may open the door for a new conversation.
- **Stay in touch:** sometimes when people are struggling with their mental health, they find it hard to let others know, so it may take some time for them to reply. Don't give up – message again a week later to show you really care.
- **Suggest an activity:** do they enjoy gaming, movie nights, zoom catch ups or walks in the park? Doing an everyday activity together shows people you want to spend time with them, which can help them feel more comfortable with you, making it easier to share how they feel.
- **Be aware of changes:** you might notice changes to the person's personality or behaviour. Do they seem angry, tired, forgetful, worried or more sensitive? When talking with them, try not to take things personally - be kind and patient, so they feel safe to talk when they're ready.

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- **Listen:** if someone opens up, be there to listen. It can feel hard knowing what to say, but don't worry about 'not saying the right thing'. You don't need to 'fix' anything or give expert advice. Simply being there to understand and hear what they have to say will be a huge leap on the person's journey towards feeling better.
- **Favourite celebrities:** many public figures have spoken about their mental health, from Dwayne Johnson, Rio Ferdinand to Demi Lovato and Kendrick Lamar. Mention someone's hero and their experiences as a way to start a conversation, showing that mental health is something we can all feel comfortable talking about. No one need feel ashamed, mental health affects us all, even the people you would least expect.
- **Signpost to further help:** pass on confidential support line numbers, such as Samaritans 116 123 or CALM 0800 585858, Encourage the person to speak with their GP (perhaps passing on the link to the free Mind guide "[Find the Words](#)"). Find out where the person's local Mind is located and suggest they self-refer, or locate community services in their area

**Whatever you can do on 4 February WILL make a difference**, so please join us for **Time to Talk Day**. Download and share the free resources, materials and activity packs [here](#)

### Let's start talking

Together we will end mental health stigma  
#TimeToTalk

time to change  
**time to  
talk day**  
04/02/21

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After Time to Talk Day, what can I do to get help or support Manchester Mind?

- **Connect with Manchester Mind:** if you live in Manchester and need support, please call us 0161 7695732 or find out about our [current local services](#)
- **Share your story:** if you've accessed our services, volunteered or fundraised we'd love to share your inspiration with others, so they know they are not alone in their mental health challenges.
- **Champion workplace wellbeing:** improve your team's knowledge, confidence and awareness by accessing our diverse range of [wellbeing and training courses](#), all available via zoom sessions.  
**Fundraise:** unsure where to start? Our latest [virtual Fundraising Pack](#) has plenty of ideas!
- **Stay in touch:** for the latest wellbeing tips, news and updates, **sign up to our newsletter**, visit [www.manchestermind.org/news](http://www.manchestermind.org/news) or follow us on social media ([Facebook](#), [Twitter](#))

Thank you for your kind support. Our good thoughts remain with you through these changing times - stay well and safe.