

## Conversation Starter

1 in 4 people will experience a mental health problem this year. Get talking using this mental health conversation starter.

You don't have to be an expert. Sometimes a text, a walk or a simple 'how are you?' can make a real difference.

[time-to-change.org.uk](http://time-to-change.org.uk)

# Time to Talk Day 2019

**However you do it, make a conversation about mental health.**

**#timetotalk**

**time to change**  
**time to**  
**talk day**  
**07/02/19**

let's end mental health discrimination

# Quiz

- <https://www.time-to-change.org.uk/mental-health-quiz>





- <https://www.time-to-change.org.uk/ask-twice>

# BE IN YOUR MATE'S CORNER

1 in 10 young people will experience a mental health problem this year. If your mate's acting differently, step in.

- 1** Reach out. A text or call goes a long way.
- 2** Listen, don't judge.
- 3** Do something together.

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#inyourcorner

Funded by

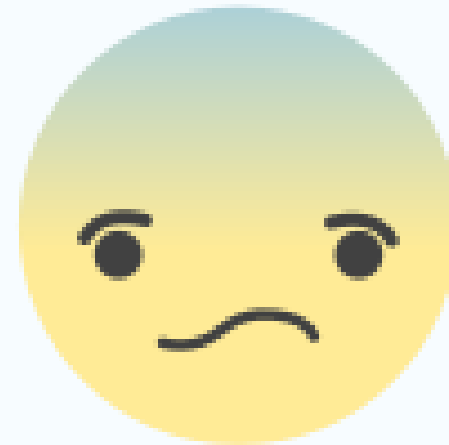


Run by



# How can I help?

Discuss with your partner what signs you should look out for in your mates/class mates that tell you they may not be feeling OK?



# How can I help?

**They are using social media differently**

**They're saying unsettling things**

**They've told me they're not doing well**

**I haven't heard from them in ages**

**They seem distracted or absent**

**Their appearance has changed / they're not looking after themselves**

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# Top Tips!

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- Ask them how things are going
- Listen, don't judge but let them know you are there for them when they are ready
- Be patient – it may feel frustrating if you are putting in the effort but remember that things may be hard for them
- Don't change how you would act around them
- Stay in contact and be yourself
- Don't treat them differently – keep doing the things you would normally do together
- If they're feeling overwhelmed, you might be able to help them with particular tasks that they can't do. If it feels right, ask if there's anything you can help with.
- Don't assume it is a problem with you and take offence
- You don't have to fix it, but being there will help them. Ask them if there's anything specific that you could do

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# Challenge!

Smile at people more!

Text or ask a friend "how are you?"

Call someone you've not spoken to for a while

Ask someone "*How are you?*" twice

Share with someone the thing that makes you smile the most

Go for a walk with someone and see how they are doing

Arrange to meet up with someone you care about

Perform a random act of kindness for someone

Thank someone for something they have done for you and tell them how much appreciate them



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**proud to support**

**time to change**

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**Let's change the way**

**we all think and**

**act about mental health**

**How  
are  
you?**

**Too many people with mental health problems are  
made to feel ashamed, isolated and worthless.**