

Time to Talk Day

Tips for having a conversation about mental health.



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.

Conversations about mental health

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.

How can I help someone else seek help?

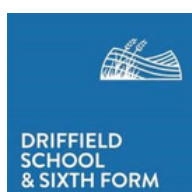
Many people experiencing a mental health problem will speak to friends and family before they speak to a health professional, so the support you offer can be really valuable. If you feel that someone you care about is clearly struggling but can't or won't reach out for help, try using our top tips on how to have a conversation about mental health on page 2.

What support can I offer?

If someone lets you know that they are experiencing difficult thoughts and feelings, it's common to feel like you don't know what to do or say – but you don't need any special training to show someone you care about them. Often just being there for someone and doing small things can be really valuable.

What if someone doesn't want my help?

If you feel that someone you care about is clearly struggling but can't or won't reach out for help, and won't accept any help you offer, it's understandable to feel frustrated, distressed and powerless. But it's important to accept that they are an individual, and that there are always limits to what you can do to support another person. If you do have immediate concerns for their safety, please call 999.



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5 ways to start a conversation about mental health

Starting conversations that seem 'deep' or potentially emotional can be daunting - here are some of our tips to help you get started.

Listen. Simply giving someone space to talk, and listening to how they're feeling, can be really helpful in itself. If they're finding it difficult, let them know that you're there when they are ready.

Offer reassurance. Seeking help can feel lonely, and sometimes scary. You can reassure someone by letting them know that they are not alone, and that you will be there to help.

Stay calm. Even though it might be upsetting to hear that someone you care about is distressed, try to stay calm. This will help your friend or family member feel calmer too, and show them that they can talk to you openly without upsetting you.

Be patient. You might want to know more details about their thoughts and feelings, or want them to get help immediately. But it's important to let them set the pace for seeking support themselves.

Try not to make assumptions. Your perspective might be useful to your friend or family member, but try not to assume that you already know what may have caused their feelings, or what will help.

Keep social contact. Part of the emotional support you offer could be to keep things as normal as possible. This could include involving your friend or family member in social events, or chatting about other parts of your lives.

Need support?

If you would like information, advice or support, get in touch. We are available 24 hours a day, 7 days a week. You can call us on 01482 240133, email info@heymin.org.uk or you can text us on 07520 633447. You can also chat to us live at www.heymin.org.uk