



Mental Health : Time to Talk Day – 4 February 2021

Time to Talk Day is an annual awareness campaign designed to bring the nation together with the view to getting everyone talking and break the silence around mental health problems.

With everything going on in the work it's never been fore important for us all to be comfortable about mental health and challenging stigma.

The more conversations we have, the more myths we can bust and barriers we can break down, helping to end the isolation, shame and worthlessness that too many of use with mental health problems are made to feel

 [Optima Health - Time to Talk Day 2021 \[380kb\]](#)

The Power of Small

A small conversation about mental health has the power to make a big difference and it's something we can all do and therefore this year's theme is **The Power of Small**.

Even a brief chat about mental health has the power to make a big difference. Once we start reaching out to those around us and discussing the issues we are concerned about, we can quickly learn that it is ok not to be ok.

How to get involved

Mental health problems affect one in four of us yet people are still afraid to talk about it. For people with mental health problems not being able to talk about it can be one of the worst parts of the illness. So, by getting people talking about mental health we can break down stereotypes, improve relationships, aid recovery and take the stigma out of something that affects us all.

The more we talk, the more myths we bust and barriers we break. We can help to end the stigma that surrounds mental ill health - by talking about our own feelings and being open to listening to others.

Obviously, things are a little different this year. While we cannot gather physically, social distance doesn't mean emotional distance. There are many ways we can connect with one another and start conversations on Time to Talk Day. Together, we will end mental health stigma. For example:

- If you are in work, go for an outdoors walk and talk with your colleagues during lunch.

- [Walk a Mile](#) You could get together with a friend and walk for a socially distanced mile chatting about mental health.
- Set up a virtual [Time to Talk 2021 Mental Health Quiz](#)
- [Pass the Badge](#) You can use our digital pass the badge campaign to get your friends, or community groups that you're in to share a message and start a conversation on mental health. #TimetoTalk.
- Play virtual [Time to Talk Day Bingo](#)
- Host a learning lunch over Zoom/Microsoft Teams/Webex.
- Set up a virtual pledge board, where staff can write out simple steps around mental health.
- [Feels FM](#) Use our online emoji powered jukebox and activity packs to get conversations going with young people about mental health, using music.
- Play the [Sussed card game](#) to start one-on-one and group conversations.
- Stage an online movie night via Netflix, Amazon Prime or Disney+.
- Test your baking skills with a virtual bake-off over a video chat with family, friends and colleagues.

The first ever [Virtual Festival](#) is starting 3 February 2021 until 4 February, which features a range of online activities for everyone to enjoy from the safety of your own home.

Signpost to Supports

It's great to start the conversation about mental health and it is hoped these materials and ideas help get people talking.

Sometimes this can mean that people currently experiencing mental health problems will need some support, as sensitive conversations may bring up difficult things. There are lots of places to which you can go or direct people for help.

Whether you're living with a mental health problem or supporting someone who is, accessing information about a condition is vital. That's why there are a number of charities available on-line with a wealth of information. Below are a list of some of these available in Central Scotland.

Employee Assistance Programme: Help EAP provide a confidential and professional helpline for all West Lothian Council employees. These telephone-based services are designed to support staff to resolve personal concerns including health, family, financial, emotional or any other personal issues. It can be accessed by calling the freephone number **0800 0285 148** which is available 24/7.

Samaritans: Samaritans provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or, in most cases, talk with someone face to face.

Telephone: **116 123** (24 hours a day, free to call) or Email: Email: jo@samaritans.org

SAMH is the Scottish Association for Mental Health based in Glasgow, who are not only able to provide advice, their website has a number of self-help supports and information for those concerned with mental health.

Telephone: **0147 530 10000** (9am - 5pm, Monday to Friday) or Email: enquire@samh.org.uk

LGBT Health and Wellbeing: are a community initiative, based in Edinburgh who promote health, wellbeing and equality of LGBT people in Scotland. They also run a number of events each week specifically for the LGBT community.

Telephone: **0300 123 2523** (12pm - 9pm, Tuesday & Wednesday).

CALM: Campaign Against Living Miserably (CALM) is leading a movement against suicide. Every week 125 people in the UK take their own lives. And 75% of all UK suicides are male.

Telephone: **0800 58 58 58** (5pm - Midnight) or use [webchat](#)

Westspace :is West Lothian's online resource on mental and wellbeing. They will signpost you to appropriate mental health services in West Lothian, enable you to make informed choices of your treatment and care as well as informing you of factors influencing positive mental health and wellbeing.

Mind UK: is also a registered Charity, although they are only based in England and Wales, they do have a wealth of information on mental health issues and resources online which would be a great benefit in either a personal level or for those who are concerned with individual or have carer responsibilities.