

#TimeToTalk

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## Mental Health : Time to Talk Day - 1 February 2024

Time To Talk Day is 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.

The more conversations we have, the better life is for everyone. Talking about mental health isn't always easy and sometimes it's even harder to say how you really feel. But a conversation has the power to change lives.

Time to Talk Day is the perfect opportunity to start a conversation about mental health.

### The power of a conversation

1 in 4 of us will experience a mental health problem in any given year. And the cost of living crisis is only making it harder to look after our mental health – the poorest fifth of the population are twice as likely to develop a mental health problem.

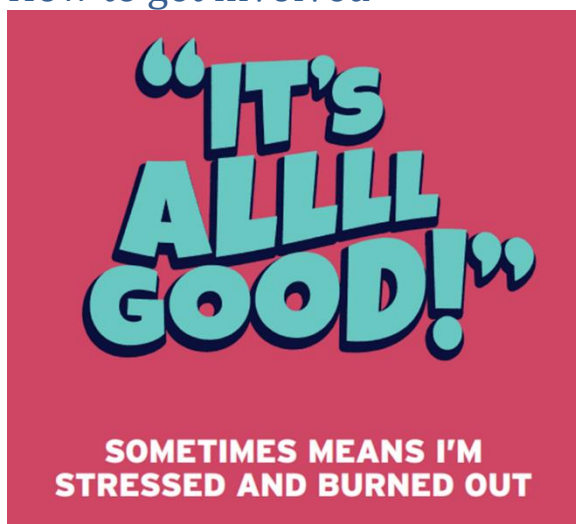
Sometimes it's easier to tell people we're 'fine' than it is to say how we really feel.

Talking openly and honestly about our mental health is good for our wellbeing and helps bust myths and break down barriers.

And listening without judgement when someone opens up to you has the power to change a life.

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### How to get involved



*How do I start a conversation about mental health?*

Time to Talk Day is about us all being open to the idea of talking – we all have mental health, and by having conversations about it we can help ourselves and others.

If someone does open up about their mental health, we know it might not always feel easy to know what to say. But it doesn't have to be awkward, and being there for someone can make a big difference.

There is no right way to talk about mental health. But these [tips](#) can help make sure you're approaching it in a helpful way.

You don't need to be an expert to talk about mental health, you can:

- Text a friend
- Put up posters at work or school
- Chat over a cup of tea/coffee with a colleague
- Arrange a walk and talk event
- Host an awareness event in your community
- Share something on social media using #TimeToTalk
- Get friends and family talking through Time to Talk interactive bingo card
- [Feels FM](#) Use our online emoji powered jukebox and activity packs to get conversations going with young people about mental health, using music

## Signposts 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. This telephone based services is 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.

**[Four Pillars of Wellbeing:](#)** Council's wellbeing webpages offering advice and support on mental, physical, financial and workplace wellbeing.

**[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: [jo@samaritans.org](mailto: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](mailto: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.