

## Time to Talk Day: Get comfortable and start talking about mental health



### 6 February 2025

Time to Talk Day is an annual awareness day held at the beginning of February. It's a day for us all to start a conversation about mental health. Talking about mental health isn't easy. But a conversation has the power to change lives.

Time to Talk Day is the nation's biggest mental health conversation. It's a day for friends, families, communities and workplaces to come together to talk, listen and change lives. Time to Talk Day is run by [Mind](#) and [Rethink Mental Illness](#), in partnership with [Co-op](#) and delivered by [See Me](#) with [SAMH](#) (Scottish Action for Mental Health), [Inspire](#) and [Time to Change Wales](#) who want everyone to feel comfortable talking about mental health.

The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all have mental health and by talking about it we can support ourselves and others.

### How to take part

There are lots of ways to get involved, from sharing on social media using #TimeToTalk and having conversations with your friends and family, to organising activity and events in your community. You don't have to be an expert to talk about mental health. Here are some suggestions to help you plan how you'll support Time to Talk Day.

- **Lunch and learn** – consider an in person or virtual meeting to teach your colleagues more about mental health and how to support each other
- **Quizzes** – talking about mental health doesn't need to be boring you can organise a quiz with mental health questions weaved in or download Time To Talk's bingo card, or true and false activity to start conversations
- **Walk and talk** – side by side conversations can make talking about mental health feel less awkward so organise a walk and talk event with your colleagues
- **Digital assets** – use the email signatures and video call backgrounds to help spread the word about Time to Talk Day using the [downloadable materials](#)
- **Spread the message** – sharing some of your social media posts on mental health using the #TimeToTalk

However, you do it, make space in your day for a conversation about mental health.

## Supports

It's great to start a conversation about mental health although sometimes this can mean that people currently experiencing mental health problems will need some support, as sensitive conversations may bring up difficult things.

Whether your living with a mental health problem or supporting someone who is, accessing information about a condition is vital, that is why there are a number of charities on-line with a wealth of information. Below are a list of some of those available to you:

- [Employee Assistance Programme](#): provided by Help EAP, provides a freephone helpline, manned by trained professionals, available 24/7/365. To access call **08000 028 5148**
- [Four Pillars of Wellbeing](#): Council webpages designed to signpost staff to a number of supports available to staff both locally and nationally
- [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. Call: **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. Call: **0344 800 0550** (9am - 6pm, Monday to Friday) or Email: [info@samh.org.uk](mailto:info@samh.org.uk)
- [Shout](#) is the first UK's free confidential 24/7 text support service for those who are struggling to cope and need mental health support. Text **85258**
- [LGBT Health and Wellbeing](#) are Scotland's health and wellbeing charity for LGBTQ+ adults working to improve, physical, social and mental health wellbeing for the LGBTQ+ community. Call: **0800 464 7000** (Tuesday Wednesdays, Thursdays- 12-9pm or Sundays 1-6pm)
- [CALM](#) Campaign Against Living Miserably (CALM) is leading a movement against suicide. Call: **0800 58 58 58** (5pm - Midnight) or use live chat/whatsapp both links on website.
- [Westpace](#) is West Lothian's online resource on mental and wellbeing. They will signpost you to appropriate mental health services in West Lothian.
- [Mind UK](#) is also a registered Charity, and sponsors of Time to Talk. Although 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.