4 Listen

1 Tell someone you appreciate what they've done for you

2 Tell three people that it's Time to Talk Day

7 Talk

8 Have a chat over lunch with a friend

Conversation starter

Conversations have the power to change lives, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

However you do it, have a conversation about mental health this Time to Talk Day.

3 Talk to a friend about a celebrity who has spoken openly about mental health

7 Listening is just as important as talking, ask someone how they're feeling

Talk, Listen, Change lives

#TimeToTalk

timetotalkday.org.uk

4 Share something about #TimeToTalk Day on social media

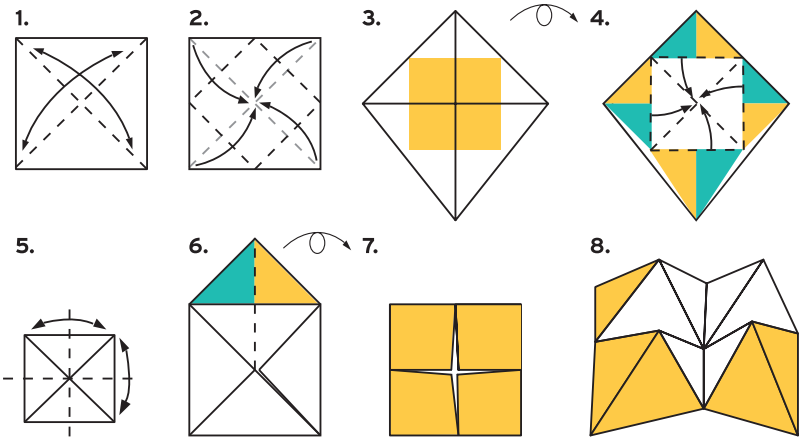
6 Talking side by side can be easier, try talking while walking or cooking

5 Sometimes writing is easier, check-in with a friend over text

5 Lives

12 Change

Folding instructions



How to make a conversation

-Pick a circled number and open in alternate directions that amount of times

-Pick a teal number and open alternately that amount of times

-Pick your final number, open flap and start your conversation

time to talk day 03/02/22

in partnership with

It's what we do

mind

SAMH for Scotland's mental health

inspire wellbeing, ability, recovery