

Use these cards to create a display
around your fundraising activity

1 in 3 people in the UK say they
don't have the support or tools to
deal with the '**ups and downs of life**',
such as stress, pressure or difficult
circumstances.

Co-op, Mind, SAMH (Scottish Association for Mental Health) and Inspire, 2021. Together
Through Tough Times: The power of community to support mental wellbeing across the UK.



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for Scotland's mental health



wellbeing, ability, recovery

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10.6 million of us (just under a fifth
of the UK population) describe their
current mental wellbeing as poor,
rising to almost **three in ten (28%)**
amongst 16 to 24-year-olds.

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Almost a **quarter**
(24%) of people
became isolated
from their community
due to the pandemic
with nearly
two-thirds (61%)
of those saying
this affected their
mental wellbeing.

Co-op, Mind, SAMH (Scottish Association for Mental Health)
and Inspire, 2021. Together Through Tough Times: The power
of community to support mental wellbeing across the UK.



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Time to Talk Day Talking Tip 2

Keep it simple -

Chat over a cuppa, send
a text or go for a walk



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Time to Talk Day

Talking Tip 3

Ask questions and listen –
Show you want to know how
someone is really doing

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