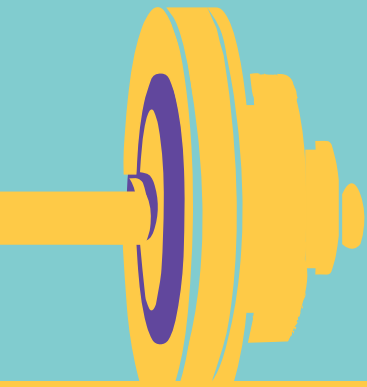


WOULD YOU RATHER

Do 1,000  
burpees?



OR



Have a meaningful  
mental health conversation  
with a teammate?

Choose talk, change lives.  
Together we'll end mental health stigma.

**time to  
talk day**

**06/02/20**

#timetotalk

[www.seemescotland.org](http://www.seemescotland.org)

**See Me**  
End mental health  
discrimination

# Choose to talk this Time to Talk Day


**We all have mental health, and any of us could struggle, so there has never been a better time for your sports club to get involved in Time to Talk Day.**

We're asking you to get your members, coaches, fans and local community talking about mental health on **Time to Talk Day - Thursday 6 February 2020**.

This year conversation is at the heart of the day as we use the popular game 'Would you rather?' to encourage more people to talk than ever before. If you're not familiar with the game, don't worry, by asking one of our funny 'Would you rather' questions you'll be able to start up a mental health conversation during your training session, at half time or in the stands. Or have them around your gym, running track, football pitch, tennis court, wherever you are.

While our aim is to get the nation talking on **Thursday 6 February 2020**, we know that date might not tie in with your training sessions or competitions. So please use this pack, which is full of tips, ideas and resources, to get the banter flowing throughout February.

No matter how big or small your club or what sport you do, we know that you'll find a way to get involved this **Time to Talk Day**.



**"Regular physical activity has been proven to have a positive impact on physical and mental health and wellbeing; yet one in three people in Scotland don't meet physical activity recommendations. And research suggests that the less physical activity a person does, the more likely they are to experience low mood, depression, tension and worry."**

SAMH, See Me managing partner

# Activities and events

**This pack is designed to help you make some noise about your activity and spread the message that choosing to talk about mental health changes lives.**

We have plenty of ideas to help spark conversations whether that's in the stands, at the club house, the gym or in the changing rooms.

- **Print our tips cards** - leave them on spectator seats
- **Special events** - from a conversation-led warm up/cool down at a training session to a games night at your club house
- **In-programme advertisements**
- **Posters** at the ground/on the back of toilet doors - **download the artwork**

WOULD YOU RATHER

Miss a penalty?

OR

Talk to a team mate about mental health?

Choose talk, change lives.  
Together we'll end mental health stigma.

time to talk day  
06/02/20

#timetotalk

www.seemescotland.org

See Me  
End mental health discrimination

Get involved today  
@seemescotland  
/seemescotland  
@seemescotland  
seemescotland.org  
#timetotalk

Keep it simple.

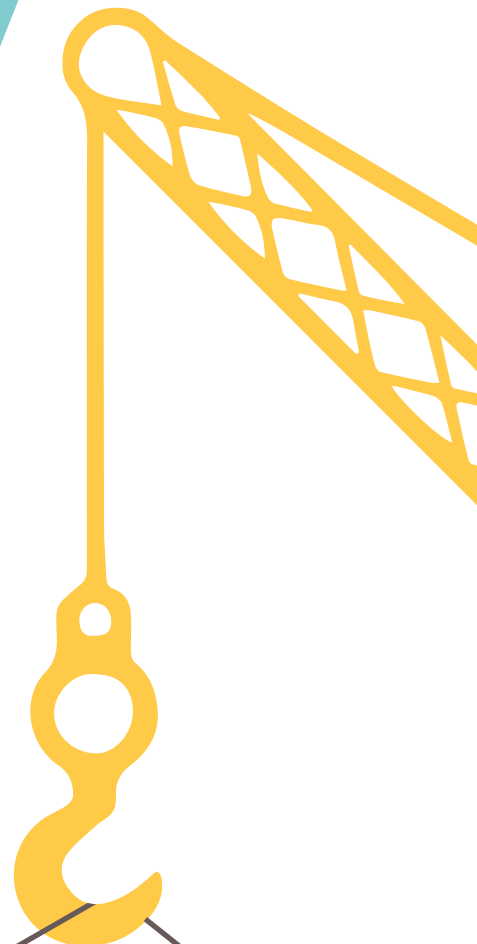
Small actions can make a big difference. Chat over a cuppa, take a walk or send a text.

Don't try and fix it.

Resist the urge to offer quick fixes. Often just listening is enough.

Choose talk, Change lives.

See Me  
End mental health discrimination  
www.seemescotland.org



■ **In-programme editorial:**

**Personal story**

Try to open with a quote or a paragraph from an athlete, coach or fan who has experienced a mental health problem. An individual writing about their experience and how opening up has helped them will make a powerful introduction.

**The club's perspective**

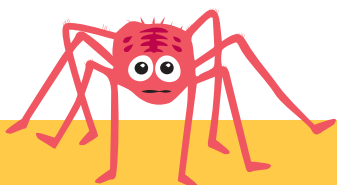
Include a quote or paragraph from someone senior within your club about why they're supporting See Me and Time to Talk Day and why challenging stigma is important.

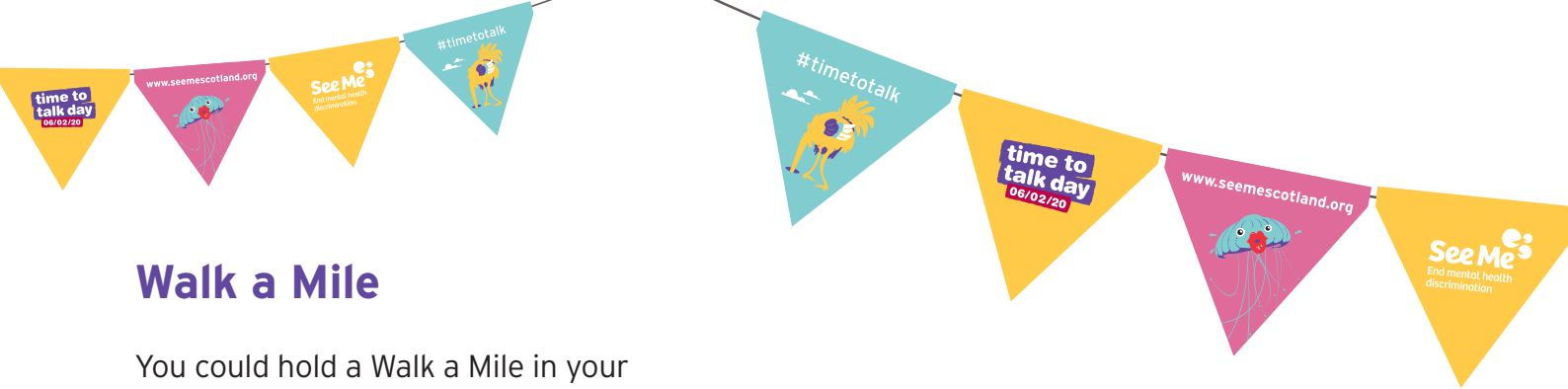
**Information about the campaign**

Include a short description of what the campaign is, and how people can find out more and get involved.

**Signpost to support**

Let your players, coaches and fans know what support is available to them and what they can do if they're worried about their mental health.





## Walk a Mile

You could hold a Walk a Mile in your community on Time to Talk day, to get people together, to walk and talk about mental health.

Find out more.

### Paths for All

Paths for All is a tool which aims is to support local communities to create inclusive and inviting walks to promote positive mental health and wellbeing, tackle stigma and break down barriers to participation.

The kit contains the Project Coordinators guide, the full toolkit for everyone taking part, conversation starters and feedback cards.

Download the pack by clicking on the resources tab [here](#).

## Communities Can

For a range of extra activities, our Communities Can pack is designed to be used by people who want to do a variety of different things in their communities to tackle stigma and discrimination. It has group activities, discussions, quizzes, videos and more.

Download the pack by clicking on the resources tab [here](#).

## SAMH

Our partner SAMH does loads of great work around fitness, sport and mental health. You can try one of these on Time to Talk day, to get people together, and have a conversation on mental health. They have ten simple tips on how to get active to improve your mental health and wellbeing.

Download them [here](#), and share on social media or with your networks.

### Scotland's Mental Health Charter for Physical Activity and Sport

This aims to improve equality and reduce discrimination for anyone with a mental health problem.

Since launching in 2018, hundreds of organisations have joined - from grassroots clubs to elite sporting bodies - using their collective power to ensure that people with experience of mental health problems don't face any barriers to engaging in physical activity and sport.

You can find out which groups in your area are signed up to the Charter [here](#).

# Materials to download and print

There are lots of materials available on the See Me website that you can use to promote your activity, or to get your whole community talking about mental health.

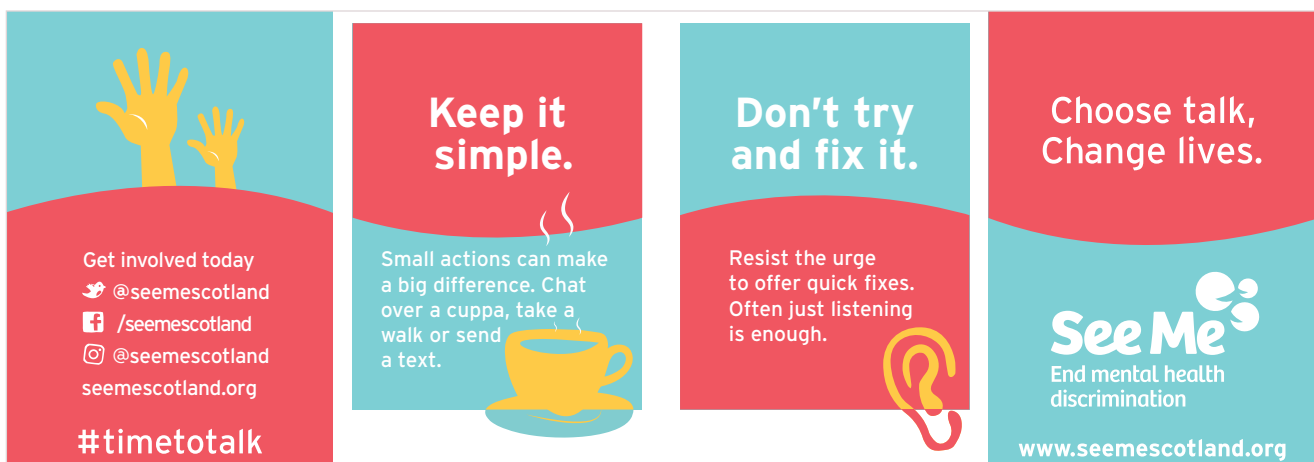
If you don't have a printer you could try approaching a local business, housing association or council to explain what you are planning and ask if they can help with printing. You can download all of these materials from [our website](#).

## Posters

Use these to inspire people to choose to talk about mental health. They could be displayed in local buildings, libraries, your workplace or place of study - just make sure to get permission before putting them up.

## Tip cards

Filled with ideas around starting a conversation, these are easy to read and the perfect size to pop into a pocket or wallet. Hand them out at an event, or leave them in areas where people will find and read them.





## Bunting

This is a great way to attract people over to any activity you're running. You could also ask local shops to put it up for the day.

**"Through walking and going to the gym, I was able to set and achieve my goals giving me great focus and motivation. When I walked, that deep feeling of anxiety slowly lifted." Craig, SAMH volunteer**

## Conversation starters

Our origami conversation starters combine crafts and conversation in one! They're always a popular way to start conversations and work well at events where people can get involved in folding them.

<p>4 <b>talk</b></p>	<p>1 Tell someone you appreciate what they've done for you</p>	<p>2 Ask someone "how are you?" (and mean it!)</p>	<p>7 <b>Choose</b></p>
<p>8 Have a sandwich chat over with someone</p>	<p><b>CONVERSATION STARTER</b> We all have mental health, and any of us could struggle. Choosing to talk about mental health breaks down barriers and can change lives. Use this conversation starter to help get people talking.</p>		<p>3 Arrange to meet up with someone you care about</p>
<p>9 Go for a walk with someone and see how you're doing</p>	<p><b>Choose talk, Change lives.</b> #timetotalk www.seemescotland.org</p>		<p>4 Plan a game of football or another sport with someone</p>
<p>12 <b>Change</b></p>	<p>6 Call someone you've not spoken to for a while</p>	<p>5 Check in with someone over text</p>	<p>5 <b>lives</b></p>

**Folding Instructions**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

**How to make a conversation**

- Pick a circled number and open in alternate directions that amount of times
- Pick a pink number and open alternately that amount of times
- Pick your final number, open flap and start your conversation

www.seemescotland.org

WOULD YOU RATHER

**Miss a penalty?**

OR

**Talk to a team mate about mental health?**

Choose talk, change lives.  
Together we'll end mental health stigma.

**time to talk day**  
06/02/20

#timetotalk

www.seemescotland.org

# Online

You don't have to hold an event in person - spreading the word online can be a fantastic way to get people talking about mental health.

## Facebook and Twitter cover images

**Download** and use these images to show anyone who visits you on social media that you are supporting Time to Talk Day.



WOULD YOU RATHER

Have the neck of an ostrich?

OR

Talk to a friend who's burying their feelings?

time to talk day  
06/02/20

See Me  
End mental health discrimination

Choose talk,  
Change lives.

#timetotalk  
[www.seemescotland.org](http://www.seemescotland.org)



WOULD YOU RATHER

Be stuck in a spider's web?

OR

Talk to a friend who feels trapped in their thoughts?

time to talk day  
06/02/20

See Me  
End mental health discrimination

Choose talk,  
Change lives.

#timetotalk  
[www.seemescotland.org](http://www.seemescotland.org)

"jogscotland is great because it promotes fun, friendly jogging groups that are perfect for those who wish to become more active for the first time or for more experienced runners who wish to participate in a very sociable, enjoyable and supportive environment. No one is too slow, we all start and finish together, and it is the perfect way to introduce exercise in to our working lives." Neil, jogscotland member



## Suggested posts

### Twitter

1 Choose to talk about mental health this **#timetotalk** Day on Thursday 6 Feb @seemescotland

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2 Half-time, full-time, anytime - choose to talk about mental health this **#timetotalk** Day on 6 Feb @seemescotland

### Facebook

1 Choose to talk about mental health this **#timetotalk** Day. The more we choose to talk about it, the better life is for all of us. That's why, on Thursday 6 February, we're supporting @seemescotland and having conversations about mental health.

-----

2 Would you rather do 1,000 burpees or talk to a teammate about how you're feeling? Choose talk this **#timetotalk** Day - because we should all be able to talk about mental health just as easily as we talk about *[your sport]*.

-----

3 It's Time to Talk Day on Thursday 6 February. It's a chance for all of us to be more open about mental health - choose to talk, to listen, to change lives. We'll be getting the conversation started at *[club's name]*. **#timetotalk**

### Website

Would you rather do 1,000 burpees or talk to your teammate about mental health? *[Club's Name]* is supporting Time to Talk Day on Thursday 6 February and encouraging our members to choose to talk about mental health.

We know that it benefits all of us to talk about mental health. And when one in four of us experience a mental health problem in any given year it's important that we start the conversation.

We're using the popular conversation game 'would you rather?' to get everyone thinking and talking about mental health. By choosing to talk, you can help change lives.

**Time to Talk Day** is run by Time to Change to help spread the word that you can talk about mental health anywhere, anytime.

*[If you are running an event, you can include the information about it here]*

See Me is Scotland's national programme to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.



# Tips from our partner SAMH



**Looking to make your physical activity or sport group more accessible and welcoming for people with mental health problems?**

**Try one of these actions:**

- Hold an open session specifically for new members.
- Update your website to include information about what a new member can expect at their first session, including things like who the key people are, what to wear/bring, and the format of the session.
- Find out if any of your existing members would like to share their experiences of how physical activity and sport has impacted their mental health, and share on your website or social media channels.

# Signposts to support

**It's great to start the conversation in your workplace and we hope that our campaign materials and ideas help you to do this. Sometimes this can mean that people currently experiencing mental health problems will need some support as sensitive conversations may bring up difficult things.**

We would encourage you to highlight the support tools that you currently offer employees within your organisation but you may also like to use some of ours too so please feel free to use the below text or link to our **support page** online. If you are experiencing mental health problems or need urgent support, there are lots of places you can go to for help.

See Me is focusing on changing how we all think and act about mental health. We're not able to provide individual or emergency support for people in crisis, but there are lots of people who can. They are listed here:

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## Samaritans

**Telephone: 116 123**

**Text: 07725 90 90 90**

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

**[www.samaritans.org](http://www.samaritans.org)**

Samaritans provides confidential non-judgemental emotional support for anyone who is struggling to cope - you don't have to be suicidal. The service is available 24 hours a day, seven days a week.

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## Breathing Space

**Call: 0800 83 85 87**

**[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)**

Breathing Space is a free, confidential phonenumber service for any individual who is experiencing low mood and depression, or who is unusually worried and in need of someone to talk to.

Lines are open from 6pm-2am Monday to Thursday and 6pm-6am Friday to Monday.



## NHS 24

[www.nhs24.com](http://www.nhs24.com)

NHS 24 is a call centre operated by the NHS to provide patients with health advice and help over the phone when your usual GP services aren't available. Referrals can also be made over the phone to crisis support and other mental health professionals outwith normal GP practice working hours.

**Call: 111 or if you think you need an emergency ambulance, call 999 and speak to the operator.**

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## ChildLine Scotland

Call 0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

ChildLine is a counselling service for children and young people. You can contact ChildLine anytime and in these ways; You can phone, send an email, have a 1-2-1 chat, send a message to Ask Sam and you can post messages to the ChildLine message boards.

Visit the website to find out more.

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# Want to keep the momentum going after Time to Talk Day?

Find out more about how you can help tackle mental health stigma and discrimination:

[www.seemescotland.org](http://www.seemescotland.org)



**time to  
talk day**  
**06/02/20**

## Where to find us...

 **seemescotland**

 **@seemescotland**

 **Search "See Me Scotland"**

 **@seemescotland**

**[www.seemescotland.org](http://www.seemescotland.org)**