

WOULD YOU RATHER

Have triple maths classes?



OR



Hang out with a mate who is struggling to cope?

How would you start the conversation?

What would make the environment right to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

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

#timetotalk

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

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WOULD YOU RATHER

Do the school talent show?

“

OR

”

Talk to someone
about how you're feeling?

How would you start the conversation?

What would make the environment right
to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

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WOULD YOU RATHER

**Make tea for all
the teachers**



OR



**Ask a friend who is struggling
how they are feeling?**

How would you start the conversation?

What would make the environment right
to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

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WOULD YOU RATHER

Open up to close family / friends about your mental health?

“

OR

”

Address a full conference on mental health?

Who are you comfortable sharing this with
and why?

What would make the environment right
to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

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WOULD YOU RATHER



Organise a community event every day for a month?

OR

Tell people in your community that you have a mental health problem?

Who are you comfortable sharing this with and why?

What would make the environment right to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

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WOULD YOU RATHER

Avoid having a difficult conversation at work?

OR

Ask a colleague who is struggling if they are okay?

Why is it hard to talk about mental health with your employee/manager?

What would make the environment right to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

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WOULD YOU RATHER

Be silent all year?



OR



Talk about mental health at work?

Why is it hard to talk about mental health
with your employee/manager?

What would make the environment right
to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

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