

# Talking tips

time to talk day

01/02/24

See Me  
End mental health discrimination

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co op

## SHOW YOU WANT TO KNOW HOW THEY'RE REALLY DOING

“

Ask open and non-judgmental questions, like “what does it feel like?” or “how’s that affecting you?”.

”

## NO NEED TO BE AN EXPERT

“

Being there means a lot. They’re the same person as before, so take care to treat them the same.

”

“Hey!  
How’s it going?”

SOMETIMES MEANS  
I’M HERE IF YOU  
WANT TO TALK

It's not always easy to say how you really feel. But talking openly and honestly can be the first step towards better mental health. And the more we talk about mental health, the better life is for everyone.

**“** Time to Talk Day is the perfect opportunity to have a conversation about mental health. **”**

## DON'T TRY TO FIX IT



It's hard to see someone you care about having a difficult time. Unless they ask for advice, just listening can be powerful enough.



## TALK SIDE-BY-SIDE



Sometimes it's easier than a face-to-face chat. Have a cuppa, send a text or do something else like go for a walk.



## GET INVOLVED TODAY

#TimeToTalk

[timetotalkday.co.uk](http://timetotalkday.co.uk)

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