

#TimeToTalk



Use this bingo card to help start conversations and get your friends, family, community and colleagues talking about mental health.

Click and complete four actions this Time to Talk Day.

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



See Me is run by



In partnership with



Ask someone how they are. If they say they're fine, ask again "Is that what you really mean?"	Direct Message a friend about mental health	Take a cup of tea or coffee over to a colleague	Talk to a family member about mental health	Put up a Time to Talk Day poster in your community or at work
Share a #TimeToTalk Day post on social media	Create some art about mental health and share it	Copy and paste into a group chat: "It's Time to Talk Day. If I ask how you are, some of you won't be completely honest. Let's have a chat about our mental health."	Speak to your colleagues about mental health	Talk about how the news can affect mental health
Share something you've learnt about mental health	Tell your local community group, hobby group or club about Time to Talk Day	"Hey! How's it going?"	Talk about mental health with a friend over coffee	Call or message someone you think might need to talk. "I'm around if you'd like to chat."
Do something relaxing with others	Talk about how money worries can impact mental health	Share your top tips for talking about mental health	Play your favourite sport and chat about how being active can help mental health	Find a community group or club to join
Share your top tips for talking using #TimeToTalk	Name two celebrities that talk about mental health openly	Start a conversation in person about mental health	Run a mental health myth-busting quiz	Tell someone you know that it's Time to Talk Day