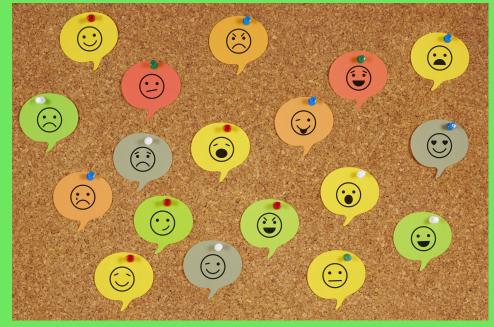
# **Time to Talk**

## All feelings are valid



- Conversations have the power to change lives.
- Helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.
- Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.
- Talking about your feelings isn't a sign of weakness.
- It's part of taking charge of your wellbeing and doing what you can to stay healthy.

## Tips for Talking about Mental Health

### 1) ASK THE QUESTION

Ask are you okay? Ask twice if needed and show you care.

#### 2) LISTEN

Really listen to what they have to say.

#### 3) REASSURE

Let the person know that what they tell you will remain confidential.

#### 4) KINDNESS

Show empathy and kindness. Let the person know that you're there for them

#### 5) FIND A SAFE SPACE

Have the conversation in a safe, comfortable space.

#### 6) ASK FOR HELP

Look after yourself and ask for help if you need to. You can find more links to support on our website.