

Time to Talk

All feelings are valid



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.



- 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.