

## Public Health Campaign: Time to Talk Day

Thursday 4th February 2021



**time to change**  
**time to**  
**talk day**  
**04/02/21**

Changing the way people think and act about mental health problems

Around 1 in 4 people will experience a mental health problem this year.

So...what can we all do to help?

**It's Time to Talk.**

### Games to get you talking

Start a conversation about mental health with your friends and family by playing these games:

[Time to Talk Bingo](#)

[Time to Talk Conversation Starter](#)

[Time to Talk Would I Rather Game](#)



### Make a pledge!

Why not take a step to improving the mental health of yourself and others by making a pledge?

You can record your pledge on the [Time to Talk Pledge Sheet](#).

Example pledge ideas:

- ★ Taking 15 minutes every day to talk to a family member or friend.
- ★ Going out for a walk or jog a few times a week, and encouraging someone in your household to join you.
- ★ Starting a group chat with family or friends, or sharing something funny or interesting with people you haven't spoken to in a while.
- ★ Complimenting or thanking somebody in your life.
- ★ 'Checking in' with a friend and asking how they are, really listening to the answer and trying to be honest if they ask how you are.

Write down as many pledges as you would like and start working towards them today. It may seem small, but small changes can make a big difference!

## Other activities



- Take some time to have a look at the [Young Minds guidance on looking after your mental health during coronavirus](#). Next, have a look at these [top tips for talking to friends or family about mental health](#). Once you've read through both, create your own top tips cards. You could make 5 cards with tips for looking after your own mental health, and 5 cards with tips for talking to others.
  - Decorate your cards with drawings and any materials you have around the house, then keep them somewhere special to remind you how to look after yourself and help others.
- Learn more about mental health and how it affects people with this [mental health quiz](#).
- Write a blog article or story about experiences you have had with mental health. You can keep this for yourself, share it with others you trust, or even submit it somewhere like the [Young Minds blog](#) if you feel comfortable (just remember to check with your parents/carers first).

## Services and websites for support with mental health

### CW RISE

Mental health services for children and adolescents in Coventry and Warwickshire.

 [cwrise.com](http://cwrise.com)

 Urgent supportline:

02476 641799 (8am–8pm) or  
0300 200 0011 (overnight)

### Young Minds

A charity that supports young people's mental health. Visit their website for useful resources, information and blog articles.

 [www.youngminds.org.uk](http://www.youngminds.org.uk)

### Childline

Trained counsellors who provide confidential support on any matter, big or small.

 [www.childline.org.uk](http://www.childline.org.uk)

 0800 1111

 [Live chat here](#)

### The Mix

A support service for young people with lots of resources, forums and advice, as well as a free helpline or live chat.

 [www.themix.org.uk](http://www.themix.org.uk)

 0808 808 4994

### Talk to a school nurse

Young people (aged 11-19) can contact [Warwickshire School Health & Wellbeing Service](#) and talk to a school nurse if you're having difficulties with mental health. The nurse will be able to provide support, advice and resources, and can connect you with other services if extra support is needed.

 Text ChatHealth on **07507 331 525**.