

"Time to Talk" Day

What is Time to Talk Day?

Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

Time to Talk Day 2024 will take place on Thursday 1st February 2024. It's run by mental health charity Mind and Rethink Mental Illness, delivered in partnership with Co-op for the third year running.

The more conversations we have, the better life is for everyone. Talking about mental health isn't always easy and sometimes it's even harder to say how you really feel. But a conversation has the power to change lives!

Why talking is important?

1 in 4 of us will experience a mental health problem in any given year. Research shows how important open conversations are to support everyone's mental wellbeing. Talking about mental health reduces stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

Time to Talk Day is the perfect opportunity to start a conversation about mental health!

How Can I Get Involved?

Come together with friends, families or colleagues by holding a Tea & Talk!

Here at Mellors Support Office, we will be holding a Tea & Talk in our temporary kitchen area which will be FREE all day for anyone to make a brew and a friendly chat. A suggested topic could be 'how you encourage positive mental wellbeing'.

There will also be a selection of different activities such as a True & False quiz, conversation starter chatterbox game and of course there will be a selection of goodies for everyone to enjoy.

#TimeToTalkDay

