



## **Time to Talk Day (3rd Feb 2022)**

### **School information pack**

**Time to Talk Day takes place on Thursday 3rd February 2022, asking people to come together to talk, listen and change lives.**

The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all have mental health, and by talking about it we can support ourselves and others.

One in four of us will experience a mental health problem in any given year.

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.



### **Get young people talking**

Time to Talk Day is the perfect opportunity to get as many young people talking about mental health as possible. Schools are an ideal place to open up conversations and share the importance of listening. The next page contains ideas, games and resources to get you started.

## Poster Campaign

Download [Time to Talk Day posters](#) to spread the word about the benefits of talking about mental health. Can you spread the message of Time to Talk on digital spaces? Get creative about where the posters could live.

Why not create your own posters?



## Talking Tips

Time to Talk Day is about us all being open to the idea of talking. It's not about encouraging people to talk about a mental health problem if they don't want to. If someone does open up, it can sometimes be difficult to know what to say. These [Time to Talk top tips](#) can help you approach these conversations in a helpful and supportive way.



## Conversation Starter Game

Print, cut out and play or even create your own conversation starter game. This game provides a reason to start conversations which could help to break down barriers and change lives.

[Get the conversation starter game here.](#)



## More resources

[Time to Talk Day BINGO](#) - A small conversation about mental health has the power to make a big difference.

[Time to Talk Day 'Would I Rather Game'](#) - Ask a question, can others guess the answer?

## Information for teachers

### Mentally Healthy Schools

How to start a conversation with children and young people about mental health.

### Young Minds 360 Schools

The programme helps you to put wellbeing at the heart of your schools' improvement.



### CW RISE Mental Health in Schools Team

Working across Coventry and Warwickshire, CW RISE MHST are here to provide low-intensity mental health interventions and support.

## Websites and Services

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

[www.selfharm.co.uk](http://www.selfharm.co.uk)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

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

[www.rcpsych.ac.uk/mental-health/parents-and-young-people](http://www.rcpsych.ac.uk/mental-health/parents-and-young-people)

[www.warwickshire.gov.uk/sorted](http://www.warwickshire.gov.uk/sorted) (For self help books)

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

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

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

[www.annafreud.org](http://www.annafreud.org)



### Kooth

Join Kooth, the free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.

### CW RISE

RISE is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.



**C4H**

## Confidential support via text

Young people aged 11-19 (or up to 25 with SEND) can text a school nurse for support via ChatHealth. The nurse can provide support with a range of topics, including emotional health and can refer onwards to specialist services where required.



**07505 331 525**