DERBYSHIRE
County Council

Time to Talk?

Let's get the conversation about mental health and wellbeing started.

Share your stories, get help and support and start talking.

Email: ASCH.Time2Talk@derbyshire.gov.uk
Visit: www.derbyshire.gov.uk/TimetoTalk

Mental health and wellbeing is vital to us all but it can sometimes be hard to start those conversations.

But conversations about mental health don't need to be hard - it could be as simple as asking someone how their day is going.

Making contact with someone else can have a huge impact on how they are feeling.

Why not join us in having a conversation each day around mental health?

That might include some of the following ideas:

- **Text a friend**
- **Check up on a loved one**
- **Ask someone how they're doing**
- **Host a coffee morning**
- **Share your 'small wins' with others**

Here's a few tips on how to start the conversation.

- **Show you're willing to listen/ talk**
- **Listen, don't judge**
- **Step up and make the move**
- **Be patient**
- **Support**
- **Be yourself**

You can find more information about emotional health, and the warning signs that you, or someone you know, maybe struggling with their emotional health at **www.nhs.uk/mental-health/conditions**

You can share your stories around mental health and wellbeing, tips for being a good listener and suggestions for support and advice with us.

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