Time to Talk Day

Mental health problems might actually be more common than you think. One in ten young people will experience mental health problems. That's why starting a conversation about mental health is important. It helps people to know they're not alone, it can strengthen relationships between friends, family and colleagues. And it starts to take the taboo out of something that affects us all.

Time to Change, England’s biggest mental health anti-stigma programme, run by the charities Mind and Rethink Mental Illness, aimed to get more people talking about mental health than ever before with our Time to Talk Day on Thursday 6 February.

Our latest advertising campaign aims to show that it’s the little things which make a big difference when it comes to mental health – such as having a cup of tea and a chat. And on Time to Talk Day we encouraged people to do just that.

On Time to Talk Day we aimed to inspire a million conversations - to show that mental health problems are common and having those conversations needn’t be as hard as people sometimes fear.

We asked schools to deliver 6 Minutes on 6th - a short session using our materials to show how easy it is to have conversations about mental health. You could also visit the website (http://www.time-to-change.org.uk/resources) to find out how you can order conversation starting tools (including Time to Talk teabags), follow Time to Change on social media and get inspiration from other organisations and individuals who took part in the big conversation on 6 February.

6 Minutes on 6th – Session plan

Minute 1: “Today we join schools across England in talking about mental health. One in ten young people will experience a mental health problem. That's why starting a conversation about mental health is important. It helps people to know they're not alone, it can strengthen relationships between friends, family and peers. And it starts to take the taboo out of something that affects us all.

By supporting the Time to Change campaign, we show that our school is determined to tackle mental health stigma and discrimination.”

You might also like to make some or all of the following points:

- In a Time to Change survey of 1000 young people with mental health problems 90% had experienced negative treatment as a result
- Mental health is the capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children and young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities (Young Minds 1999)
We need to look after our mental health, just like we look after our physical health.

**Minute 2, 3 and 4:** Play Stand Up Kid film ([http://www.youtube.com/watch?v=SE5lp60_HJk](http://www.youtube.com/watch?v=SE5lp60_HJk))

**Minute 5:** “Please turn to the person next to you and talk to them about what you might do to support a friend or to look after your mental health as you would your physical health.”

**Minute 6:** Conclude by stating that mental health affects all of us, and point out that if anyone’s worried about mental health they can talk to their form tutor/school counsellor/whoever is most appropriate.

Email Caroline Brown ([caroline.brown@rethink.org](mailto:caroline.brown@rethink.org)) with a case study of how you get on to be entered into a prize draw to a free training session. You can also tweet us and send us photos via #TTCschools