

Workplace Activity Pack



Choose talk, change lives.
Together we'll end mental health stigma.

time to change
**time to
talk day**
06/02/20

#timetotalk

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Choose to talk about mental health this Time to Talk Day

Time to Talk Day 2020 will take place on Thursday 6 February. With 1 in 4 of us experiencing a mental health problem in any given year, there has never been a better time for your workplace to get involved in Time to Talk Day.

The more conversations we have about mental health, the more myths we can bust and barriers we can break down - helping to end the isolation, shame and worthlessness that too many of us feel when experiencing a mental health problem.

This year, conversation is at the heart of the day as we use the popular game 'Would you rather?' to encourage more people to talk than ever before.

Games, social events and activities can be fantastic opportunities to start up a mental health conversation in a way that doesn't appear intimidating or awkward. With this in mind, in this year's Time to Talk Day Activity Pack you'll find ten games curated by the Time to Change Employers Team to introduce to your organisation to kick start these conversations.



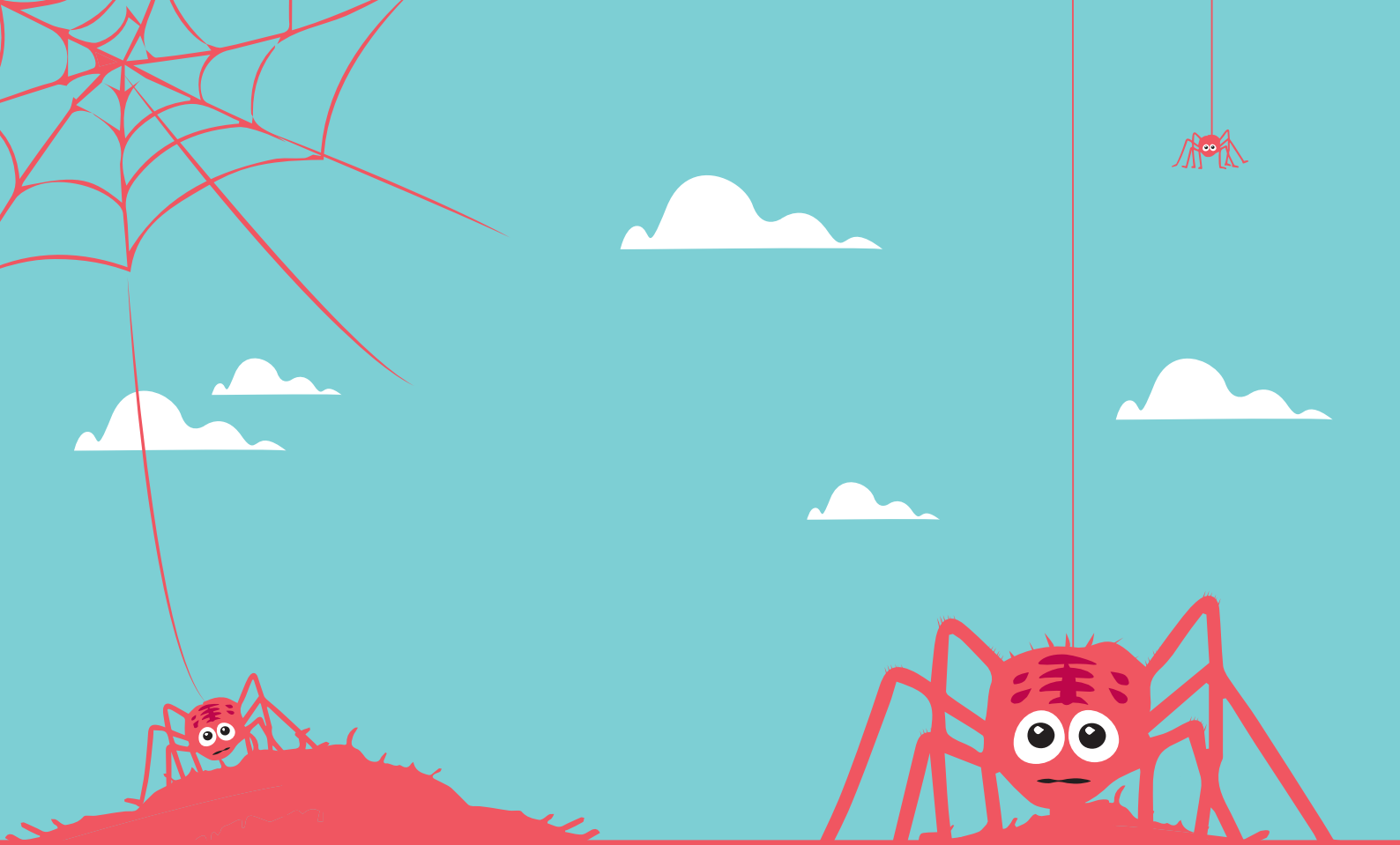
Activity Ideas

There are lots of ways you can get your organisation involved in Time to Talk Day. These can range from large, company-wide events to smaller activities perfect for including at the beginning or end of a team meeting. We've compiled some of our favourite activity ideas within this pack to use as inspiration. Or get creative and design your own - we'd love to hear what you get up to!

Using this activity pack

We have created and compiled a variety of activities with guidance that you can deliver on Time to Talk Day and in the run up to the big event. See below for a list of the contents of this Activity Pack.

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List of Activities

ACTIVITY #1

Mental Health Pub Quiz

TYPE: GROUP ACTIVITY

DURATION: 15 TO 20 MINUTES

KEY MESSAGE

How common mental health problems are and its true picture.

LEARNING OUTCOME

For people to learn how common mental health problems are and its true picture as well as debunking some myths they might hold.

Activity Directions

This is a great activity to include at the beginning or end of a larger team, department or all staff meeting.

It's a quick and effective means by which to have your staff consider what they know about mental health and mental health issues and an opportunity to expand their basic level of mental health awareness.

You can print off the quiz questions and answers from the **Time to Change website**.

The correct answer to each question is shown in bold from the multiple choice answers, alongside further detail regarding the answer for the quiz master to share.



ACTIVITY #2

Mental Health Myth Buster Quiz

TYPE: GROUP ACTIVITY

DURATION: 10 TO 15 MINUTES

KEY MESSAGE

We all have mental health and mental health problems are common among the population.

LEARNING OUTCOME

To understand the incidence of common mental health problems and gain an understanding of the impact mental health problems can have on a person.

Activity Directions

This is a great activity to incorporate at the beginning or end of a team meeting as a quick and effective way of challenging the preconceptions we hold about mental health and providing a simple opportunity to expand a team's basic level of mental health awareness.

You can print off the Myth Buster flashcards from the **Time to Change website** to use as a prop. The flashcards feature the myth/fact on one side of the card and an explanation on the reverse for the quiz master/team manager. Alternatively, you can print off the last page only, which features all the questions alongside their appropriate explanations.

Take each fact or myth in turn and ask the quiz participants whether they believe it is a myth or a fact. Provide the correct answer one by one, providing the associated explanation. Even if everyone in the team knows (or guesses) the correct answer, be sure to run through the explanation - these provide facts that support the correct answer and provide the learning opportunity for your team.



ACTIVITY
#3



Suicide Myth Buster Exercise

TYPE: GROUP ACTIVITY

DURATION: 10 TO 15 MINUTES

KEY MESSAGE

Suicidal thoughts and feelings are not uncommon.

LEARNING OUTCOME

To understand the incidence of suicide and suicidal feelings and gain an understanding of the impact suicide can have.

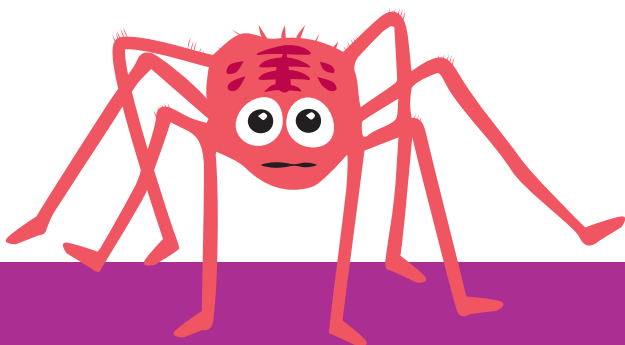
Activity Directions

This is a simple activity to incorporate at the beginning or end of a team meeting as a quick and effective way of challenging the preconceptions we hold about suicide and providing a simple opportunity to expand a team's basic level of mental health awareness.

You can print off the Myth Buster flashcards from the **Time to Change Website** to use as a prop. The flashcards feature the myth/fact and an explanation for the quiz master/team manager.

Take each fact or myth in turn and ask the quiz participants whether they believe it is a myth or a fact. Provide the correct answer one by one, providing the associated explanation.

Even if everyone in the team knows (or guesses) the correct answer, be sure to run through the explanation - these provide facts that support the correct answer and provide the learning opportunity for your team.



ACTIVITY #4

Mental Health Wordsearch and Fill in the Gaps

TYPE: INDIVIDUAL ACTIVITY

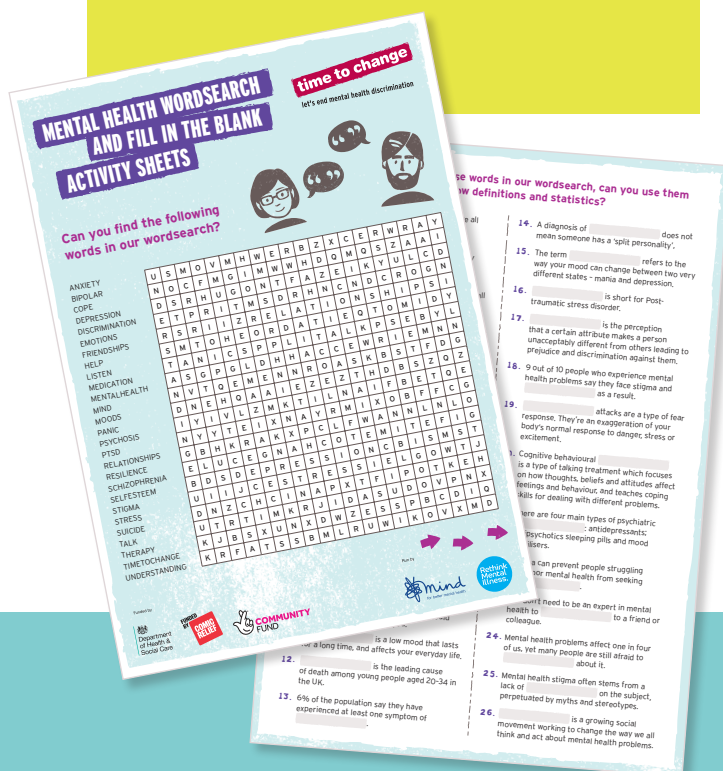
DURATION: 30 TO 45 MINUTES

KEY MESSAGE

Mental health is complex, but we all have it.

LEARNING OUTCOME

To become more familiar with mental health definitions and incidence.



Activity Directions

Our Mental Health Wordsearch and Fill in the Gaps makes for a simple desk drop activity or exercise for home or remote workers to participate in.

You can download the double-sided A4 page activity from the Time to Change website [HERE](#).

It can take between 30 and 45 minutes to find all 27 words in the wordsearch and find its corresponding fact on the reverse, so you might wish to suggest it as an activity to complete throughout the day.

Alternatively, you may wish to add an element of competition and provide a prize for the first (correctly) completed sheet or otherwise incentivise correct responses.





ACTIVITY #5



Mental Health Snakes and Ladders

TYPE: GROUP ACTIVITY

DURATION: 30 TO 45 MINUTES

KEY MESSAGE

We all have mental health.

LEARNING OUTCOME

To become more familiar with the incidence of mental health problems and mental health stigma.

We are sure you are familiar with the childhood game, but we've made a few educational tweaks, the instructions to the game (which can also be found printed on the board) are as follows:

1. The object of the game is to progress up the board following the squares 1 to 100 and be the first player to reach the last square.
2. To take your turn, roll the die and move forward the number of spaces rolled.
3. If you land on a FACT - read the fact aloud for the group to raise mental health awareness and understanding.
4. If you land on a ladder, climb the ladder by moving your piece to the square at the top of it.
5. If you land on a snake, slide down the snake by moving your piece to the square at the bottom of it.
6. You must land exactly on the last square to win. If you roll a number too high, bounce back down the board by the appropriate number of squares.

We believe the game will make a fantastic addition to common social spaces and kitchens over Time to Talk Day, providing a fun mechanism to learn more about the incidence of common mental health problems and mental health stigma in England and opportunity for colleagues to openly talk about mental health.

Activity Directions

Start by downloading and printing our A3 Mental Health Snakes and Ladders board from the Time to Change website [HERE](#). In addition to this board, which we recommend printing out in colour, you will need:

- A die
- As many playing pieces as you have players

Coins can make excellent make-shift playing pieces as can various items of office stationery!

**ACTIVITY
#6**

Getting to Know You Jenga

TYPE: GROUP ACTIVITY

DURATION: 20 TO 30 MINUTES

KEY MESSAGE

We are all complex human beings.

LEARNING OUTCOME

For staff to become better acquainted with their colleagues, sharing personal experience such that might form bonds and comfort in being able to share their experiences of mental health in future.

What is your favourite childhood memory of X or What has been your favourite holiday to date are good questions that allow for colleagues to share personal stories and experience.

We are sure you are familiar with the game of Jenga, but if not the instructions to the game are as follows:

1. On your turn, carefully remove a block from anywhere below the highest completed story of the Jenga tower. Use only one hand! Read aloud the question written on the block and share your answer with your fellow players. Then stack the block on top of the tower at right angles to the blocks just below it.
2. Assuming the tower does not collapse as a result of your move, play then proceeds to the next player to then remove a block.
3. Game play ends when the tower collapses. The winner is the last successful player to stack a block on top of the tower.

We believe the game will make a fantastic addition to common social spaces and kitchens over Time to Talk Day, providing a fun mechanism to share personal experience and create a workplace environment in which colleagues might feel comfortable to openly talk about their mental health.

Activity Directions

This activity does require the purchase of a game of Jenga or similar block-based tower game.

Having obtained your game, taking each piece in turn, write a question to be answered by the member of staff that pulls the block from the tower. These questions should be personal, but not invasive. Questions that relate to memories e.g.

ACTIVITY #7

Sussed



TYPE: GROUP ACTIVITY

DURATION: 10 TO 20 MINUTES

KEY MESSAGE

We are all complex human beings.

LEARNING OUTCOME

For staff to become better acquainted with their colleagues, sharing personal experience that might form bonds and comfort in being able to share their experiences of mental health in future.

Activity Directions

This year we've teamed up with the conversation card game Sussed to help everyone get talking! You'll find four special edition Sussed cards to download from the Time to Change website [HERE](#). Alternatively, you'll find these cards in your Time to Talk Day Chatterbox.

To play the game with a larger group or for a longer length of time, you will need to purchase a deck of Sussed cards, but a generous donation is being made to Time to Change! You can purchase your card deck [HERE](#).

How to play:

1. One player picks up a card and reads out a scenario
2. Everyone else guesses how the reader would most likely respond
3. The reader reveals the correct answer and everyone chats about who chose what and why

We believe the game can make a great ice-breaker. Why not introduce the game at the start of a team meeting or crack out the deck over a coffee break in the kitchen?



ACTIVITY #8

Coping Skills Bingo

TYPE: INDIVIDUAL ACTIVITY

DURATION: 1 DAY TO 1 WEEK

KEY MESSAGE

We all manage our emotional wellbeing in different ways and deploy different coping mechanisms.

LEARNING OUTCOME

To gain insight to a range of coping strategies that can be deployed at work and consideration as to those that best fit with individuals personally.

Activity Directions

We all manage our emotional wellbeing in different ways and deploy different coping mechanisms - Time to Change's Coping Skills Bingo is designed to not only highlight different means by which your staff might take time out or recharge, but provide a mechanism which actively encourages employees to undertake them over the course of their work day.

You can find our bingo cards to download and print on the Time to Change website [HERE](#).

We recommend distributing these at the start of the week running up to Time to Talk Day and encouraging staff to look to complete the game throughout the week.

You might even choose to incentive those staff who complete a line or the full card by the end of the week to reward them for putting aside the time to invest in themselves.

We strongly recommend at the end of the week that you include a message in internal communications encouraging staff to continue demonstrating these activities on an ongoing basis now that the game has concluded.



Materials and Resources

Time to Talk Day materials

We have created a set of downloadable Time to Talk Day materials for you to use in the workplace, whether that's in the office, out on site, in a warehouse, or driving a lorry or train. These include tip cards, postcards, posters and bunting in addition to digital assets for email signatures, desktops and plasma screens. You can find these on our [website](#).

Would You Rather posters

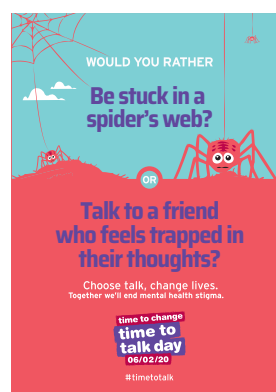
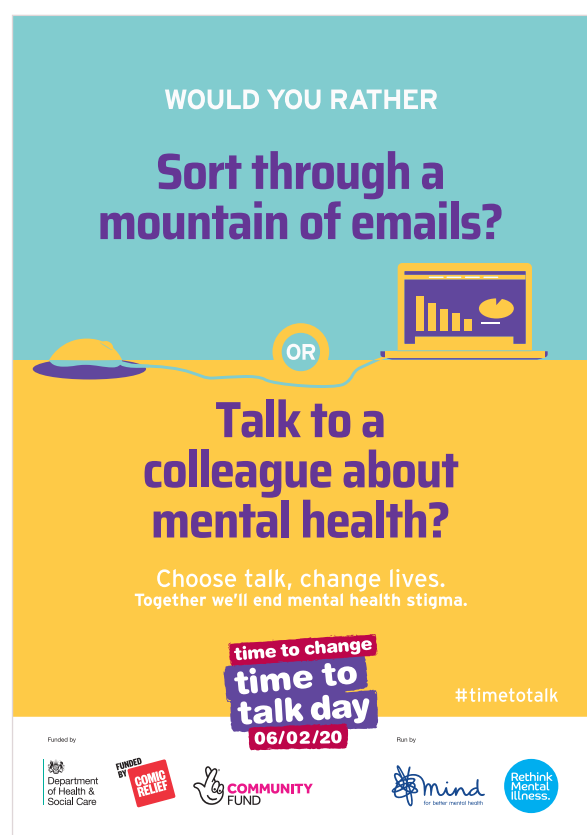
Our Would You Rather posters are perfect for kickstarting conversations in your workplace. Editable, they allow you to create a bespoke would you rather question appropriate to your organisation.

Alternatively, you can use one of our pre-produced posters like the one shown left. Get creative and create your own poster [HERE](#).

Engaging your audience

In our Time to Talk Day Workplace Conversation Pack you'll also find templates perfect for intranet updates, PR releases, email newsletters and external social media including appropriately sized imagery.

You can download our Workplace Conversation Pack from our [website](#).



Signposts to support

It's great to start the conversation in your workplace and we hope that our campaign materials and ideas help you to do this. Sometimes this can mean that people currently experiencing mental health problems will need some support as sensitive conversations may bring up difficult things.

We would encourage you to highlight the support tools that you currently offer employees within your organisation but you may also like to use some of ours too so please feel free to use the below text or link to our **[support page online](#)**.

If you are experiencing mental health problems or need urgent support, there are lots of places you can go to for help. Time to Change is focusing on changing how we all think and act about mental health. We're not able to provide individual or emergency support for people in crisis, but there are lots of people who can. They are listed here:

Mind Infoline

Telephone: 0300 123 3393
(9am-5pm Monday to Friday)
Email: info@mind.org.uk

www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.

Samaritans

Telephone: 116 123 (Free 24 hours a day)
Email: jo@samaritans.org
www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Body Dysmorphic Disorder Foundation (BDDF)

www.bddfoundation.org

Details of where and when support groups are held (both face to face and online):

www.bddfoundation.org/support-groups

BDDF provides a menu of information, resources and support through nationally held support groups and online support groups for people struggling with Body Dysmorphic Disorder (BDD) which is characterised by a preoccupation with one or more perceived defects or flaws in appearance, which is unnoticeable to others.

Sometimes the flaw is noticeable but is a normal variation (e.g. male pattern baldness) or is not as prominent as the sufferer believes.



Eating Disorders Support

Telephone: 01494 793223

(Any time on any day)

Email:

support@eatingdisorderssupport.co.uk

www.eatingdisorderssupport.co.uk

Provides confidential, non-judgmental emotional support to anyone affected by an eating disorder such as Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. They also provide support to people caring for someone affected by an eating disorder. You can phone (helpline), email, and write a letter.

BEAT

Telephone: 0808 801 0677

or to access Youth line 0808 801 0711

Monday to Friday, 12pm to 8pm

and Saturday to Sunday, 4pm to 8pm

www.beateatingdisorders.org.uk

One to one:

Webchat: www.beateatingdisorders.org.uk/support-services/helplines/one-to-one

Monday to Friday, 12pm to 8pm

and Saturday to Sunday, 4pm to 8pm

Online support groups:

www.beateatingdisorders.org.uk/support-services/online-groups

Helpfinder - to find listings of local services and support groups including NHS Centres: **www.helpfinder.beateatingdisorders.org.uk**

www.helpfinder.beateatingdisorders.org.uk

Provides confidential, non-judgmental emotional support to anyone affected by an eating disorder such as Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. They also provide support to people caring for someone affected by an eating disorder.

Elefriends

www.elefriends.org.uk

Elefriends is a supportive online community where you can be yourself.

Elefriends is run by **Mind**.

Rethink Mental Illness Advice Line

Telephone: 0300 5000 927

(10am-2pm Monday to Friday)

Email: info@rethink.org

www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink Mental Illness also runs **services and groups** across England and Northern Ireland.

Saneline

Telephone: 0845 767 8000 (6pm-11pm)

www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

If you're a carer needing support you can contact all of the above as well as **Carers Direct** and the **Princess Royal Trust** for Carers, both of whom are able to provide support and advice on any issues affecting you.

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