WORLD MENTAL HEALTH DAY 2019

Let’s make it a day we ask twice

‘Ask Twice’ is a Time to Change campaign that encourages us all to look out for others when it comes to mental health - whether they are friends, family, students or colleagues.

This World Mental Health Day we’re asking you to ask twice. Why? When we hear ‘How are you?’, the usual and expected response is ‘Fine thanks’. But the truth is, sometimes we say we’re fine when we’re not.

And with 1 in 4 people experiencing a mental health problem this year alone, if a friend, family member, student or colleague says they’re fine, they might not be. The simple act of asking twice can show you’re genuinely interested in their wellbeing and willing to hear the response, whether that’s now or when they’re ready.

We’ve created this short document to help you introduce the ‘Ask Twice’ campaign to your students, as well as some quick and simple actions they can take to be involved.

You can share this document with student services, your student union, and anyone with responsibility for student wellbeing or mental health.
Below are three simple things that you can do to help students start the conversation around mental health.

**POSTERS**

Simply print out and put up around campus. Great for a quick win if you’re time-strapped.

**STALL**

These resources are everything your students need to run a stall on campus, as part of an event or any planned World Mental Health Day activities. These include customisable bunting, banners, posters, postcards and much more.

**TIME TO CHANGE SHORT FILMS**

These could be shown before lectures, be on in the Student Union, or even be screened specifically as part of a Society event.

Whichever of these three things you do, you’re actively helping this generation become more open about mental health problems than any before. We also have more resources, including real-life stories, ready to run activities and much more on our website:

WWW.TIME-TO-CHANGE.ORG.UK