

Today is Time to Talk Day which reminds us that we can all play a part in helping to break the stigma that surrounds mental health and talk more openly about our wellbeing.

We encourage creating supportive communities by openly having conversations with our family, friends or colleagues about mental health. Such conversations have the ability to change lives and allow us to feel empowered to seek help and support when we need it. By talking about our mental health, we can support ourselves and others.

With reports stating that 1 in 4 of us will experience a mental health issue in any given year, someone close to us may be suffering in silence.

Please remember that our Employee Assistance Programme which is provided by Health Assured remains available to all our employees. Health Assured can provide support on a wide range of wellbeing issues.

Health Assured can be contacted 24/7 on 0800 028 0199 where professionally qualified counsellors are available to take your call and provide confidential advice and support on any issue that may be concerning you. There is no cost to you for accessing the service.



The graphic features a light blue background. At the top left, the word 'TALK' is spelled out using wooden blocks: 'T' (1), 'A' (1), 'L' (1), and 'K' (5). To the right of this is a purple 'time to talk day' logo with the date '03/02/22' and the 'Mind' logo. Below the blocks, the word 'Listen' is written in large, colorful, rounded letters. To the right of 'Listen' is a green speech bubble containing the text 'change lives' with a checkmark. At the bottom center, the text reads 'However you do it, start a conversation about mental health'. The bottom left corner has the hashtag '#TimeToTalk' and the bottom right corner has 'In partnership with' followed by the logo of the organization.

T₁ A₁ L₁ K₅

time to talk day
03/02/22
Mind Rethink Mental Illness.

Listen

change lives

**However you do it,
start a conversation about mental health**

#TimeToTalk

In partnership with 