

# Talking tips

time to change Wales

time to talk day

01/02/24

let's end mental health discrimination

In partnership with



## SHOW YOU CARE ABOUT HOW THEY'RE REALLY FEELING

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Ask open and non-judgmental questions, like “how does that make you feel?” or “how’s that affecting you?”

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## NO NEED TO BE AN EXPERT

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Just being there means a lot. And when a friend or loved one opens up about mental health, take care to treat them the same.

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“Hey!  
How’s it  
going?”

SOMETIMES MEANS  
I'M HERE IF YOU  
WANT TO TALK

1 in 4 of us will experience a mental health problem in any given year.

It's not always easy to say how you really feel. But talking openly and honestly can be the first step towards better mental health. And the more we talk about mental health, the better life is for everyone.

**“ Time to Talk Day is the perfect opportunity to start a conversation about mental health. ”**

## DON'T TRY TO FIX IT

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It's hard to see someone you care about having a difficult time. Unless they ask for advice, just listening can be powerful enough.

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## KEEP IT SIMPLE

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Chat over a cuppa, send a text or go for a walk. Sometimes it's easier to talk side by side rather than face to face.

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## GET INVOLVED TODAY

#TimeToTalk

[timetotalkday.co.uk](http://timetotalkday.co.uk)

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