

# Talking Tips

time to change **Wales**

**time to talk day**

**06/02/25**

let's end mental health discrimination

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## FIND A WAY THAT FEELS RIGHT FOR YOU

This could be a face-to-face conversation or you might find it easier to talk on the phone or even write down how you feel.



## BE HONEST AND OPEN

It can sometimes feel uncomfortable sharing something so personal. Explaining how your feelings are affecting your life may help others to understand.

#TimeToTalk



Get comfortable and start talking about mental health

Not everyone feels comfortable talking about mental health. But talking openly and honestly can be the first step towards better mental health.

There are lots of ways you could start a conversation. You could have a chat alongside an activity, share a cuppa with a loved one or text a mate.

Our talking tips can help you have those all-important conversations. Get comfortable and start talking about mental health.

## ASK QUESTIONS AND LISTEN

Try to ask questions that are open and not leading or judgmental like...

“ How does that affect you? ”

“ What does it feel like? ”

## DON'T TRY TO FIX IT

Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.



## GET INVOLVED TODAY

For more tips and to find out how else you can take part, visit [timetochangewales.org.uk](https://timetochangewales.org.uk)

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