

#TimeToTalk Day



Use this bingo card to help start conversations and get your friends, family, community and colleagues talking about mental health.

Click and complete four actions this Time to Talk Day.

Conversations have the power to change lives, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

However you do it, have a conversation about mental health this Time to Talk Day.



In partnership with



Run by



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| Play your favourite sport and chat about how sport can affect mental health | Have a conversation online about mental health | Have a conversation in person about mental health | Talk to a young person about mental health | Display a Time to Talk Day poster on a community notice-board |
| Share a #TimeToTalk day post on social media | Create a picture/comic/cartoon about mental health for yourself | Share the picture/comic/cartoon you've made with someone else | Tell someone you know that it's Time to Talk Day | Name three films or books that portray mental health problems responsibly |
| Run a mental health myth busting quiz | Tell your local community group about Time to Talk Day | T. A. L. K. listen change lives | Speak to your colleagues about mental health | Share something you've learnt about mental health |
| Ask someone 'how are you?' twice, and listen to their answer | Talk about mental health with a friend over a coffee | Do something relaxing/recharging with others | Share your top tips for talking about mental health | Share your top tips for talking using #TimeToTalk |
| Find a community group to join | Name two celebrities that talk about mental health openly | Tell three people about Time to Talk Day today | Finish the sentence 'It's time to talk because...' | Set a mental health resolution for #TimeToTalk |