

# TIME TO TALK DAY BINGO



## CLICK AND COMPLETE FOUR ACTIONS THIS TIME TO TALK DAY

**A small conversation about mental health has the power to make a big difference.**

You can use this bingo card to help start conversations and get your friends, family and colleagues thinking about mental health this Time to Talk Day.

The more conversations we have, the more myths we can bust and barriers we can break down.

### LET'S START TALKING

Together we will end mental health stigma

time to change

time to  
talk day

04/02/21

# TIME TO TALK DAY • THURSDAY 4 FEBRUARY 2021

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	Share a Time to Change post on social media	Think of two people you can talk to when you're having a hard time
Find the Ask Twice videos on the Time to Change YouTube channel	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	Read a Time to Change blog post	<b>CELEBRATE YOUR CAMPAIGNING HERE</b>	Share something you've learnt about mental health	Find the 'help and support' info on the Time to Change website
Ask someone 'how are you?' twice, and listen to their answer	Do something relaxing/recharging for yourself	Do something relaxing/recharging with others	Ask your work, school or community to display a Time to Change poster	Read back an article/poem/chapter you find useful for your mental health
Discuss with a friend: how can you help to end mental health stigma?	List three things that people can do to support someone with their mental health	Share something new you've learnt from a Time to Change blog post with others	Finish the sentence 'It's time to talk because...'	Set a mental health resolution for #TimeToTalk