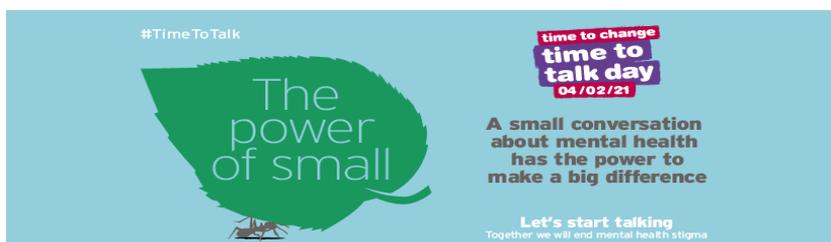


# Time to Talk Day, 4 February 2021



## 1 Introduction

Time to talk day is held every first Thursday of February. It is a national campaign that encourage people to talk about mental health.

This year Time to Talk day theme is ***the power of small***, a small conversation about mental health has the power to make big difference. Below is a list of resources to support you with getting involved in Time to talk and sharing with your network including

- Social media content
- Newsletter content
- Activities idea sheet including myth busting exercise

For more information about Time to Talk Day and local services in Waltham Forest to support our residents or staff, visit [www.walthamforest.gov.uk/TTT2021](http://www.walthamforest.gov.uk/TTT2021)

### Call to Action for staff and residents

- ✓ [Sign up for Time to Talk](#)
- ✓ [Download Time to Change's Conversation starter](#)
- ✓ Share content to help you spread the word to your Network
- ✓ [Become a Time to Change Champion](#) to support mental health in your community all year round

## 2 Social Media Content ideas

Use suggested content on your social media pages. Please link your content to the campaign webpage where readers can get further information about local services in Waltham Forest. A wide range of campaign images can be downloaded from the link below

- **More information link:** [www.walthamforest.gov.uk/TTT2021](http://www.walthamforest.gov.uk/TTT2021)
- **Images:** [ [download link](#) ]
- **Hashtag:** #TimeToTalk
- **Tags:** @timetochangeWF, @timetochange, @wfcouncil

### Twitter

- Today is Time to talk day, text or call a friend, 1 in 4 of us will experience a mental health problem in any given year, which is why talking about mental health is so important. Let's start talking @wfcouncil #TimeToTalk Day
- It's been a difficult period for all of us. It's perfectly to not be okay. If you are feeling anxious or worried and need someone to talk to, various services are available to help via telephone, or online. [Find out here](#)
- It's Time to Talk day campaign this week on 4 February, It's a chance for all of us to open up to mental health – to talk, to listen, to change lives. [Find out more](#) [@wfcouncil](#) #TimeToTalk Day

### Facebook/ Instagram

- Every conversation about mental health brings us a step closer to ending isolation, shame and worthlessness Join time to talk campaign today- the power of small [@wfcouncil](#) #Time to Talk Day
- [Time to talk day](#) focuses on the power of small, a small conversation about mental health has the power to make a big difference. Let's start talking [@wfcouncil](#) #TimeToTalk Day
- ✓ Feeling sad and need some one to talk to? Don't hesitate to ask for help if you need it
  - ✓ [Waltham Forest Talking Therapies](#) support people who may be anxious or depressed
  - ✓ [Good Samaritans](#) on 116 123 can listen if you are worried or need to talk
  - ✓ [Kooth](#) provide emotional counselling for young people aged 13-24 online.

- ✓ [Good Thinking website](#) offer support for issues such as sleep, stress, low mood and anxiety

[Find out more](#)

### Some Interactive tweets/ Facebook posts

How many people in the UK will experience a mental health problem every year?

1 in 4, 1 in 8, 1 in 2?

**(Replies in comments section after people have answered- The correct answer is 1 in 4)**

1. What proportion of people with severe mental health problems have been victims of a crime in the previous year? 12%, 28%, 45%
2. Which of these is a common symptom of schizophrenia? Violent Behaviour, Split Personality, Hallucinations and delusions?

Answer in the comment section

**45%** of people with severe mental health problems were victims of a crime in the past year.

Many believe that people with schizophrenia are likely to commit violence – however, most people with schizophrenia do not commit violent crimes, and are more likely to be victims of violence than perpetrators. Similarly, there is a common misconception that schizophrenia leads people to have split personalities, when this is not the case. In reality, schizophrenia's most common symptoms are **hallucinations, delusions and hearing voices**.

## 3 Staff/ Resident Newsletter

Share in your emails and newsletter to staff and residents. (Images for newsletters can be downloaded [here](#)). Two options are listed below.

### Option 1- for colleagues or residents

#### Time to Talk- The Power of Small

**Which of these is a common symptom of schizophrenia? Violent Behaviour, Split Personality, Hallucinations and delusions?**

Many believe that people with schizophrenia are likely to commit violence – however, most people with schizophrenia, are more likely to be victims of violence than perpetrators. The

most common symptoms of schizophrenia, are **hallucinations, delusions and hearing voices**.

A small conversation about mental health – whether it’s a quick text to a friend or a group discussion – has the power to make a big difference.

The more conversations we have about mental health, the more myths we can bust and help to end stigma for people who experience mental health problems.

**Join the conversation. Take part in Time to Talk Day**

### **Option 2- short copy**

Now more than ever, we need to look after our mental health and support our staff to do the same. This week is [Time to Talk day](#), a campaign to encourage conversations about mental health.

If you need confidential counselling or advice around issues such as bereavement, work or personal matters, call our [Employee Assistant Helpline](#) (0800 328 1437).

**Join the campaign on 4<sup>th</sup> February, let’s start talking**

### **Option 3: Manager’s Newsletter**

Now more than ever before we need to look after our mental health and support our staff to do the same.

This year, the council is supporting the Time to Talk day campaign to encourage conversations about mental health.

The theme this year, ***the power of small***, highlights that every conversation about mental health makes a big difference.

The more conversations we have about mental health, the more we can help end stigma for those experiencing mental health problems.

Visit [Waltham Forest website](#) for more information about taking part and services available to support you or someone you know who may be going through a hard time.

**Join the campaign on 4<sup>th</sup> February, let’s start talking**

## 4 Time to Talk Group and Activities Sheet

Time to talk day is a campaign to have conversations about mental health. Below are some ideas to get you started talking about mental health with your friend, colleagues or groups:

- Swap skills, ideas and share your experiences of mental health and why tackling stigma is important. See [Time to Change's Conversation starter](#) for simple ideas
- Organise coffee morning with colleagues
- Play [time to talk Bingo](#)
- Share some of these myth busting quiz listed below on social media or in a group setting using Kahoot see below
- Visit Time to Change for more ideas and information about taking part in Time to Talk Day.

### MYTH BUSTING QUIZ

1. How many people in the UK will experience a mental health problem every year?**1 in 4**, 1 in 8, 1 in 2?
2. Which of these is a common symptom of schizophrenia?Violent Behaviour, Split Personality, **Hallucinations and delusions.**

Many believe that people with schizophrenia are likely to commit violence – however, most people with schizophrenia do not commit violent crimes, and are more likely to be victims of violence than perpetrators. Similarly, there is a common misconception that schizophrenia leads people to have split personalities, when this is not the case. In reality, schizophrenia's most common symptoms are hallucinations, delusions and hearing voices.

3. What proportion of people with severe mental health problems have been victims of a crime in the previous year?12%, 28%, **45%.**

4. What proportion of people with mental health problems experience stigma? **90%**, 10%, 50%.

Research shows that up to 90% people with mental health problems experience some form of stigma, whether from friends and family, at work, in education or during treatment.

5. How many people will experience suicidal thoughts throughout their lifetime? **17%**, 2%, 33%

6. Which country's Prime Minister was re-elected in 2001 after publicly taking time off for depression? Mexico, **Norway**, Poland

Norwegian Prime Minister Kjell Magne Bondevik announced in 1998 that he was experiencing a depressive episode, and took three weeks of sick leave, before returning to office. Bondevik said he received thousands of supportive letters.

7. What proportion of people with mental health problems believe that workplace stress contributed to their illness? 1 in 5, 1 in 3, **2 in 3**.

Two thirds of people with mental health problems believe that long hours, unrealistic workloads or bad management either caused or exacerbated their condition.

8. How long do the majority of people with a mental health problem wait before telling their closest family and friends about it? 2 months, **over a year**, 7 months.

A Time to Change survey showed that 60% of people with a mental health problem waited over a year to tell the people closest to them about it.

For more information about Time to Talk campaign visit [the website](#) or contact [Monica Hill](#) or [Swabrina](#)