

No. 041/2024

29 January 2024

Our Ref: P1/24

To: All Branches

Dear Colleagues,

'Time to Talk Day 2024' - Thursday 1 February 2024 Theme: "What I Really Mean"

About Time to Talk Day

Time to Talk Day is held at the beginning of February every year. It is about helping people and communities to come together to have the nation's biggest mental health conversation day and keep it going beyond that.

Taking place on Thursday 1st February 2024, it is a day that friends, families, communities, and workplaces and colleagues are encouraged to come together to talk, listen and help change lives. Time to Talk Day is the perfect opportunity to start a conversation about mental health.

So for 'Time to Talk Day' this year, we are again supporting the 'Time to Talk Day', national campaign which spotlights the importance of having more open, honest mental health conversations, encouraging people to have those conversations about how they're feeling and to help combat the stigma that still exists around mental health.

We want to support the campaign's aims which is to give everyone the opportunity to come together to talk, listen and change lives. People talking about their mental health and how they are really feeling can be difficult. But talking is crucially important! Mental Health charities and experts continually emphasise the point that the more conversations we have, the better life is for everyone.

Talking about mental health isn't always easy and sometimes it's even harder to say how you really feel. Sometimes it's easier to just say we're 'fine' than to open up. But an open conversation can be the first step towards better mental health and conversation has the power to change lives.

We know that mental health stigma has no place in the workplace – and yet, it continues to be a problem for workers. Speaking to workers about their mental health and creating a culture where people can talk openly will not only get the best out of people, but the different insights people can give can actually help achieve personal and organisational goals.

And sometimes it takes the effort and enthusiasm of the Union and workforce for employers and operational managers to sit up and take notice.

2024 'Time To Talk Theme'

The theme for this year's campaign is **"what I really mean"**, highlighting that the words people say don't always reflect what's going on beneath the surface.

Please remember these key points:

- 1 in 4 of us will experience a mental health problem in any given year.
- Too many of us are made to feel isolated, worthless and ashamed because of this.
- The combination of a relentless news cycles and cost of living crisis is only making it harder to look after our mental health.
- Talking openly and honestly about our mental health is good for our wellbeing and helps bust myths and break down barriers.
- Listening without judgement when someone opens up to you has the power to change a life.

Resource Packs

For 2024, the organising charities will once again have printed 'Time To Talk' Day resource packs to order from their website, delivered by post including downloadable materials, posters, leaflets, resources and information with ideas on what can be done in the campaign etc., all designed and available to order to help those involved in activities and awareness raising, and to have important conversations about mental health.

Get everything you need here to get involved. Here you can download a host of materials to help with the 'Time To Talk' start mental health conversations campaign in the workplace. You'll find posters, postcards, social media tiles, conversation starters, bunting and much more. There are different versions available for each UK nation (England, Scotland, Wales and Northern Ireland), so please use what fits best for you. Use the 'Time To Talk Day' resource pack to start your wellbeing conversations campaign.

Link: <https://timetotalkday.co.uk/download-a-pack/>

Time To Talk Day Organising Charities Resource Packs and Materials

Time to Talk Day is run by the charities 'Rethink Mental Illness' and 'Mind', and is being delivered across the UK, by 'See Me' in Scotland, 'Inspire' in Northern Ireland and 'Time to Change Wales'. Further detailed information webpages have been set up at the following links:

MIND: <https://www.mind.org.uk/get-involved/time-to-talk-day-2024/>

ReThink Mental Health: <https://timetotalkday.co.uk/>

Scotland: <https://www.seemescotland.org/>

Northern Ireland (Inspire): <https://www.inspirewellbeing.org/>

Wales (Time to Change Wales): <https://www.timetochangewales.org.uk/en/>

Yours sincerely



Dave Joyce
National Health, Safety & Environment Officer



CWU 150 The Broadway, Wimbledon, London, SW19 1RX
email: info@cwu.org Tel: 020 8971 7200 Fax: 020 8971 7300
General Secretary: Dave Ward

 [@DaveWardGS](https://twitter.com/DaveWardGS)  [Dave Ward CWU](https://www.facebook.com/DaveWardCWU)

“NOT TOO BAD”

SOMETIMES MEANS I FEEL LOST AND ALONE

Time to Talk Day is the perfect opportunity to start a conversation about mental health



#TimeToTalk

In partnership with

