

No. 035/2026

03rd February 2026

To: All Branches

Time to Talk Day 2026 – 5th February 2026 Theme: ‘Brave the big talk’.

Dear Colleagues,

Every year Mind and Rethink Mental Illness promote [Time to Talk Day - Mind](#) which is ‘a day for friends, families, communities, and workplaces to come together to talk, listen and change lives’.

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.

The following link provides access to the Mates in Mind website and access to an ‘all year round’ workplace notice board poster, which has a QR code link to over 20 confidential support services and the ‘be a mate’ text support service.

[Time to Talk Day: 5 February 2026 | Mates in Mind](#)

The CWU is 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.

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.

Additionally, there are different versions available for each UK nation (England, Scotland, Wales and Northern Ireland), which can be sourced via the following links:

#TimeToTalkDay [Time to Talk Day - Mind](#)

Scotland: [Time To Talk Day 2026 | End Mental Health Stigma and Discrimination](#)

Northern Ireland (Inspire): [Time to Talk Day - Inspire Wellbeing](#)

Wales (Time to Change Wales): [Talking about your Mental Health | Time to Change Wales](#)

For those who find themselves in situations where you don't want to talk about feelings or your mental health, there are alternative ways to look for support. New advice on using apps and other digital tools to support mental health was published on 27th January 2026 by the Medicines and Healthcare products Regulatory Agency (MHRA)

[MHRA issues new guidance for people using mental health apps and technologies - GOV.UK](#)

This guidance was published for the purpose of advising the public, parents, carers and professionals who use or recommend these digital tools.

Currently there are more than 20,000 mental health apps available in the iOS and Google app stores. These products are now widely available and often used alongside NHS and community care, but it is not always clear which are reliable, safe or right for an individual. The new guidance therefore aims to help people make more informed choices and know what to do if something doesn't feel right.

In the recent TUC Biennial Trade Union Safety Reps survey, Stress was by far **the most widespread workplace concern** in all regions and nations.

[SafetyRepsSurvey20242025.pdf](#)

Stress was identified as the top workplace hazard identified by 79 per cent of all respondents, a higher proportion than both 2022/3 (73 per cent) and 2020/21 (76 per cent).

CWU participation in the TUC Biennial Safety Reps survey was the fifth largest of 36 unions, with 145 CWU Health and Safety Reps taking part in the 2024/25 survey.

So, for 2026 we are again asking branches and Regions to support the 'Time to Talk Day' national campaign on 5th February 2026 which spotlights the importance of honest mental health conversations, whilst also recognising that **every day** has the potential to be a 'Time to talk' day.

This LTB is shared on behalf of CWU Central Services.

If you have any questions or need any further information, please contact-

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THURSDAY 5 FEBRUARY 2026

TIME TO TALK DAY

A day for all communities and workplaces to come together and talk about their wellbeing.



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