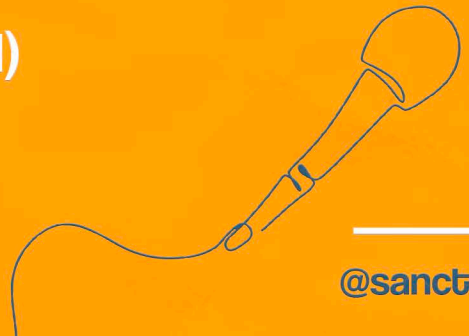


time to change  
**time to  
talk day**  
04/02/21

**THERE'S MORE THAN  
ONE WAY TO TALK**

(a thread)



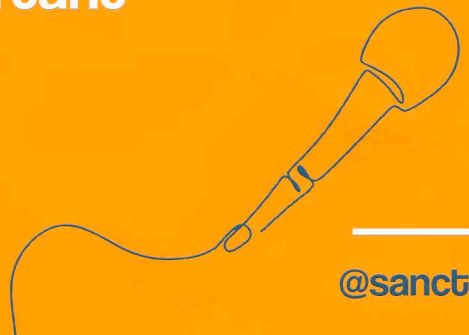
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## WHAT IS TIME TO TALK DAY?

Time to Talk Day is a campaign set up by Time to Change, the mental health charity.

Its aim is to dedicate a day each year to getting the nation talking about mental health, and it has become a key event in the mental health calendar.

It's an important event, and there's never been a more important time to talk.



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## TALKING IS HARD

Talking can be hard and if you don't feel ready, we get it.

It doesn't matter how much of a seasoned pro talker you are or how often you've flexed that vulnerability muscle, opening up about our feelings to others can feel daunting.

However, there's more than one way to "talk".

So we've put together some steps to help get you started.



# JOURNALING - WHAT IS IT AND WHY WILL IT HELP?

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Not ready to physically talk to someone else? No problem. Try 'talking' to a notepad instead.

That might sound silly, but the simple act of writing down how we feel is a great way of getting into the practice of checking in with ourselves, reflecting on our emotions, and articulating the impact that they're having on us.

It can be a good first step as we build up towards articulating that in a conversation with someone else.



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# HOW TO GET STARTED WITH JOURNALING

1. GRAB A NOTEPAD OR OPEN THE NOTES ON YOUR PHONE/LAPTOP



2. USE ONE OF THESE QUESTIONS AS A PROMPT;  
“WHAT AM I GREATFUL FOR?”  
OR “WHAT AM I AVOIDING?”

3. START WRITING AND SEE WHERE YOU GET TO.  
WRITE IN ANY STYLE YOU WANT, AND  
DON'T WORRY ABOUT “GETTING IT RIGHT”



4. THE GOAL HERE ISN'T TO WRITE IN A CERTAIN WAY; IT'S SIMPLY ABOUT GETTING YOU COMFORTABLE WITH OPENING UP



If you feel ready, we're running free journaling sessions every morning 8.30-9am. There's no participation - it's simply a space for people to journal quietly together with the camera on/off. Sign up at [sanctus.community](https://sanctus.community).



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# SHARING ONLINE WITH OTHERS

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The next step, if you feel ready, is to start sharing some of your writing with others - either with your name attached or anonymously, either one is okay. Here are some places you can do that:

**Sanctus Community** - our online journaling community where you can see and share posts with the community (anonymously if you wish)

**Side by Side**  
Mind's online community

**Side by Side** - an online community from the mental health charity Mind

**SANE** - an online support forum from the charity SANE

  
**SANE**

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# TALKING WITH SOMEONE YOU DON'T KNOW

time to change  
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Feel ready to have a conversation with someone, but rather it's someone you don't know? Great. Here are some resources you can use.

**Sanctus Directory** - a comprehensive list of free and paid services for mental health, including a list of recommended therapists and counsellors

Confidential Blue Light Infoline

**0300 303 5999**

Mental health support for team 999



**Mind Infoline** - information and signposting service from the charity Mind.

**Rethink Mental Illness Advice** - practical advice and information on all things mental health  
**0808 801 0525**

**Rethink  
Mental  
Illness.**

**Sanctus Coaching** - as a Sanctus partner, you have access to free 1-2-1 mental health coaching support in your business.  
Speak to your HR or People person if you need more information

# TALKING WITH SOMEONE YOU DO KNOW - TIPS ON OPENING UP

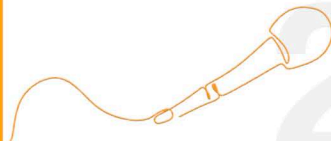
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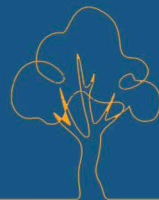
**Choose someone that you trust** with something like this. That doesn't necessarily mean it'll be the person you're closest with

**Set the scene.** Be clear on what your intentions are to the person you're speaking to. That way, you will be ready to open up and the listener will be ready to receive you



2

3



**Choose an environment or setting that you feel comfortable in**

**Know that it's okay if you feel anxious or scared.** Sweaty palms and a beating heart? Totally normal



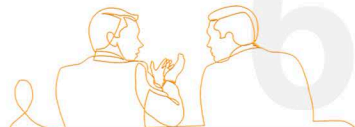
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**Share this.**  
How does sharing make you feel?  
Nervous? Petrified?  
Dry mouth?  
Be honest - it'll soften the impact on you and give context to the person listening

**Acknowledge the listener.**

We know why we chose a certain person to listen, but do they know? Acknowledging what makes them a great listener will help create safety and trust between you both



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# TALKING WITH SOMEONE YOU DO KNOW - STARTING THE CONVERSATION

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"I feel a little nervous coming to you with this, but I trust you will listen to me as I feel safe with you. . ."

"It may take me a little while to really express how I am feeling, so please be patient. . ."

"I have been struggling with this one and I'd love a listening ear. . ."

"I thought of you because you've always been a great friend to me and I don't have to pretend, and I want to share with you how I've been feeling lately. . ."

Remember, honesty and depth creates connection and trust. Opening up to someone can feel hard, but it will create a deeper bond and a sense of connection that will help you with your struggles.

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# TIPS AND PROMPTS ON HOW YOU CAN HELP OTHERS TO OPEN UP

Hoping to help encourage others to open up? Here are some tips and prompts to spark that fuse.

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Go deeper than the general “how are you?”. Consider something like “how have you been feeling recently given the lockdown?”

Let someone know you’re there without trying to force them to talk.  
Phrases like “I’m here if you want to talk” can help

Lead the way by sharing how you’ve been feeling - it might help others to open up

Familiarise yourself with the warning signs of someone who may be struggling.  
Google “Mind How to support a friend” for tips on this

Face-to-face can make it harder to open up. Side-by-side walking or a phone call might put the other person more at ease

Most important of all - give people time. If someone isn’t ready to talk, then the best thing you can do is let them know that you’re there for them when they feel ready.



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# SEEKING IMMEDIATE SUPPORT

If you are worried about yourself or someone else and want to seek more immediate support, please refer to the resources below:



**Sanctus  
Directory**

[https://sanctus.io/  
directory/](https://sanctus.io/directory/)

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
**CALM**

**Calm Zone**

[www.thecalmzone.net](http://www.thecalmzone.net)

"It's alright to  
ask for help"

**SAMARITANS**

2 116 123

**Samaritans**

[www.samaritans.org.uk](http://www.samaritans.org.uk)

116 123

**shout**  
**85258**

here for you 24/7

**Shout**

[giveusashout.org](http://giveusashout.org)

Text SHOUT to 85258



**Mind**

[www.mind.org.uk](http://www.mind.org.uk)

03001233393

**YOUNG MINDS**  
fighting for young people's mental health

**YoungMinds**

[youngminds.org.uk](http://youngminds.org.uk)

0808 802 5544

