

Time to Talk Day 2022

Mental Health Awareness

'Bingo Card'

It's good
to talk

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www.usdaw.org.uk/mhc

Let's talk about mental health – that's the theme for this year's national **Time to Talk Day** on Thursday 3 February.

Opening up conversations about mental health, however small, can make a big difference. Talking about mental health helps to tackle the stigma that surrounds the issue and offers support. We all have mental health – so let's talk about it.

We hope that this Bingo Card might help you start a conversation with yourself and others about mental health.

1. Ask a colleague how they are (when you've got time to listen to the answer!)

2. Find out more about Usdaw's 'It's Good to Talk' Campaign.

www.usdaw.org.uk/mhc

3. Have a conversation with a friend... even a small conversation has the power to make a big difference!

4. Share the Time to Change post on social media.

time-to-change.org.uk

5. Think of two people you can talk to about how you're feeling.

6. Do one thing today that helps you to unwind and relax.

7. Run the Usdaw Mental Health survey in your workplace.

www.usdaw.org.uk/MHIWSurvey

8. Think of something that makes you laugh.

9. Try Usdaw's bitesize mental health course 'Mind your Head'.

www.usdaw.org.uk/MindYourHead

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