

World Mental Health Day 2021 Mental Health Awareness 'Bingo Card'

It's good
to talk

USDAW

Campaigning
For Equality

www.usdaw.org.uk/mentalhealth

#ItsGoodToTalk

The last 18 months have been incredibly tough; the coronavirus pandemic continues to be a mental as well as a physical health crisis.

So this year, on **World Mental Health Day**, Usdaw is again focussing on supporting our members mental health. **World Mental Health Day** is on Sunday, 10 October. Even a small conversation about mental health has the power to make a big difference. We hope that this bingo card will help you to think of small things you can do to look after your 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 @UsdawUnion World Mental Health Day tweets on social media.

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. Display Usdaw's World Mental Health Day Poster in your workplace or at home.

www.usdaw.org.uk/mhposter

8. Think of something that makes you laugh.

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

www.usdaw.org.uk/MindYourHead

