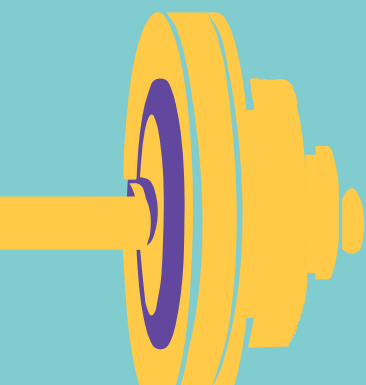


WOULD YOU RATHER

Do 1,000
burpees?



OR



Find out how your
sports club can support
Time to Talk Day?

Choose talk, change lives.
Together we'll end mental health stigma.

time to change
time to
talk day
06/02/20

#timetotalk

Funded by



Run by



Time to Talk Day 2020 will take place on Thursday 6 February

With one in four of us experiencing a mental health problem in any given year, there has never been a better time for your sports club to get involved in Time to Talk Day.

We're asking you to get your athletes, coaches, fans and local community talking about mental health on **Time to Talk Day - Thursday 6 February 2020.**

This year conversation is at the heart of the day as we use the popular game 'Would you rather?' to encourage more people to talk than ever before. If you're not familiar with the game, don't worry, by asking one of our funny 'Would you rather' questions you'll be able to start up a mental health conversation during your training session, at half time or in the stands.

While our aim is to get the nation talking on **Thursday 6 February 2020**, we know this date might not tie in with your training sessions or competitions. So please use this pack, which is full of tips, ideas and resources, to get the banter flowing throughout February.

No matter how big or small your club or what sport you do, we know that you'll find a way to get involved this **Time to Talk Day.**



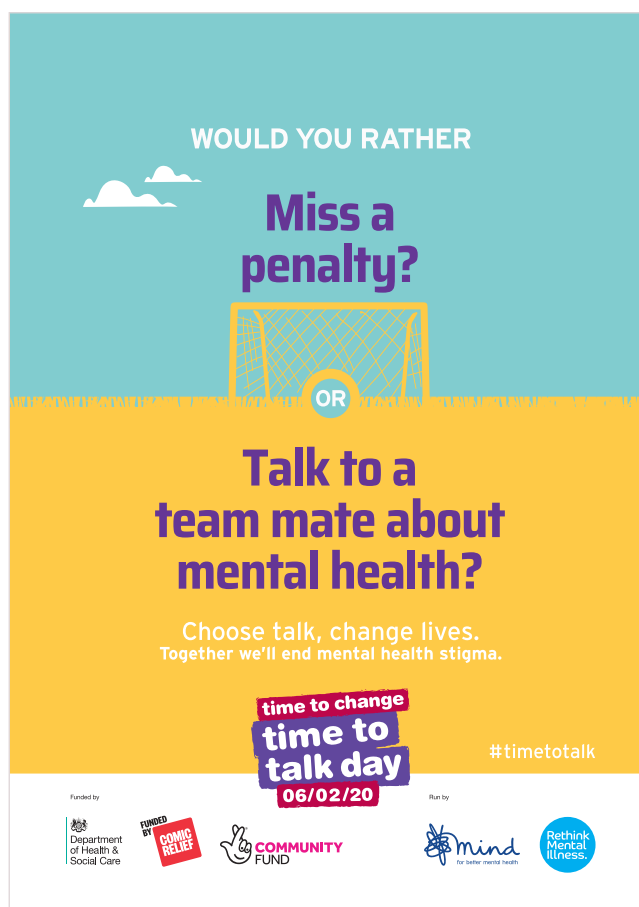
Activities and events

This pack is designed to help you make some noise about your activity and spread the message that choosing to talk about mental health changes lives.

We have plenty of ideas and **resources** to help spark conversations at your club, whether that's in the stands, at the club house or in the changing rooms.

You can even customise some of our resources with your sports club's badge to show you're backing Time to Talk Day.

- **Print our tips cards** - leave them on spectator seats
- **Special events** - from a conversation-led warm up/cool down at a training session to a games night at your club house
- **In-programme advertisements** - **download the artwork** and personalise it
- **Posters** at the ground/on the back of toilet doors - **download the artwork**





■ In-programme editorial:

Personal story

Try to open with a quote or a paragraph from an athlete, coach or fan who has experienced a mental health problem. An individual writing about their experience and how opening up has helped them will make a powerful introduction.

The club's perspective

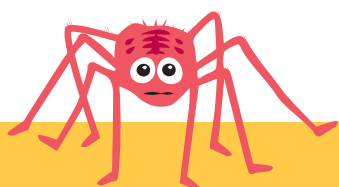
Include a quote or paragraph from someone senior within your club about why they're supporting Time to Change and Time to Talk Day and why challenging stigma is important.

Information about the campaign

Include a short description of what the campaign is, and how people can find out more and get involved.

Signpost to support

Let your players, coaches and fans know what support is available to them and what they can do if they're worried about their mental health.

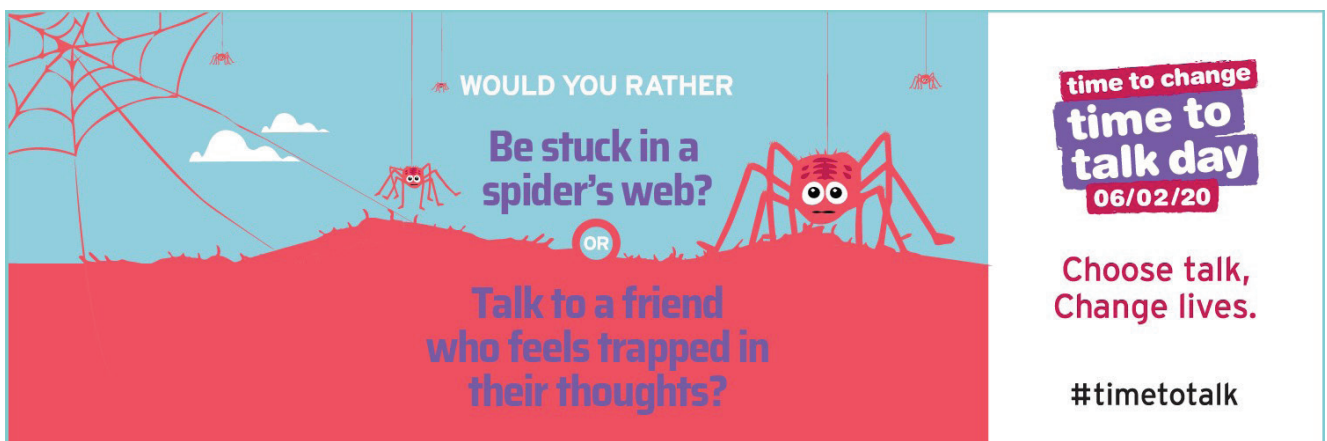


Online

Your website and social media channels help you to keep connected to your athletes, coaches, fans and community and this is a great way to inspire conversations about mental health. The more shares, likes and comments we get, the further we can spread the message that it's ok to talk about mental health anywhere.

Facebook and Twitter cover images

Download and use these images to show anyone who visits you on social media that you are supporting Time to Talk Day.



Suggested posts

Twitter

1 Choose to talk about mental health this **#timetotalk** Day on Thursday 6 Feb @**timetochange**

2 Half-time, full-time, anytime - choose to talk about mental health this **#timetotalk** Day on 6 Feb @**timetochange**

Facebook

1 Choose to talk about mental health this **#timetotalk** Day. The more we choose to talk about it, the better life is for all of us. That's why, on Thursday 6 February, we're supporting @**timetochange** and having conversations about mental health.

2 Would you rather do 1,000 burpees or talk to a teammate about how you're feeling? Choose talk this **#timetotalk** Day - because we should all be able to talk about mental health just as easily as we talk about [\[your sport\]](#).

3 It's Time to Talk Day on Thursday 6 February. It's a chance for all of us to be more open about mental health - choose to talk, to listen, to change lives. We'll be getting the conversation started at [\[club's name\]](#). **#timetotalk**

Website

Would you rather do 1,000 burpees or talk to your teammate about mental health? [\[Club's Name\]](#) is supporting Time to Talk Day on Thursday 6 February and encouraging our members to choose to talk about mental health.

We know that it benefits all of us to talk about mental health. And when one in four of us experience a mental health problem in any given year it's important that we start the conversation.

We're using the popular conversation game 'would you rather?' to get everyone thinking and talking about mental health. By choosing to talk, you can help change lives.

Time to Talk Day is run by Time to Change to help spread the word that you can talk about mental health anywhere, anytime.

[\[If you are running an event, you can include the information about it here\]](#)

Time to Change is England's biggest programme to challenge mental health stigma and discrimination and is run by the charities Mind and Rethink Mental Illness.





Signposts to support

It's great to start the conversation and your support could be a game changer in your athletes, coaches and fans' attitudes towards mental health.

Choosing to talk can make a real difference to someone's life. But sometimes these conversations can bring up some difficult things that people may not have spoken about before. This might mean that they need some support.

Time to Change is working to change the way we all think and act about mental health problems. This focus means we aren't able to provide individual support, guidance or advice.

However, there are plenty of people who can. Below you'll find a list of organisations that can help you, or someone else, to find support:

Mind Infoline

Telephone: 0300 123 3393 - 9am to 5pm, Monday to Friday

Email: info@mind.org.uk

Text: 86463

www.mind.org.uk/help/advice_lines

With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.

Rethink Mental Illness Advice Line

Telephone: 0300 5000 927 - 9.30am to 4pm, Monday to Friday

Email: info@rethink.org

www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. They also run **services and groups** across England and Northern Ireland.



Elefriends

www.elefriends.org.uk

Elefriends is a supportive online community run by **Mind** where you can be yourself.

Samaritans

Telephone: 116 123 - 24 hours a day, free to call

Email: jo@samaritans.org

www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

SANEline

Telephone: 0300 304 7000 - 4.30pm to 10.30pm, everyday

www.sane.org.uk/what_we_do/support/helpline

A national out-of-hours helpline offering emotional support, guidance and information to anyone affected by a mental health problem, including family, friends and carers.

If you're a carer needing support you can also contact **Carers Direct** and the **Princess Royal Trust** both of whom are able to provide support and advice on any issues affecting you.

Want to keep the momentum going after Time to Talk Day?

Find out more about how your sports club can help tackle mental health stigma and discrimination:

www.time-to-change.org.uk

Mind also offers a range of resources and engagement opportunities sports organisations who want to do more around mental health:

www.mind.org.uk/sport



time to change
time to
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Where to find us...

 **timetochange**

 **@timetochange**

 **Search "Time to Change"**

 **@timetochangecampaign**

www.time-to-change.org.uk/timetotalkday

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