

# TIME TO TALK DAY

## BINGO



TIME TO TALK DAY • THURSDAY 4 FEBRUARY 2021

### CLICK AND COMPLETE FOUR ACTIONS THIS TIME TO TALK DAY

**A small conversation about mental health has the power to make a big difference.**

You can use this bingo card to help start conversations and get your friends and peers thinking about mental health this Time to Talk Day. We all have mental health just as we all have physical health, which is why talking about it is so important.

By getting involved this Time to Talk Day you can help make this generation more open to mental health than any before.

### LET'S START TALKING

**Together we will end mental health stigma**

**time to change**

let's end mental health discrimination

Play your favourite sport and chat about how sport can affect mental health	Have a conversation online about mental health	Have a conversation in person about mental health	Share a Time to Change post on social media	Think of two people you can talk to when you're having a hard time
Find the Ask Twice videos on the Time to Change YouTube channel	Create a picture/comic/cartoon about mental health for yourself	Share the picture/comic/cartoon you've made with someone else	Tell a member of your family that it's Time to Talk Day	With a classmate, name three songs that reflect these emotions; afraid, happy, relaxed
Run a mental health myths quiz	Read a Time to Change blog post	<b>CELEBRATE YOUR CAMPAIGNING HERE</b>	Share your mental health story with someone in person	Find the 'help and support' info on the Time to Change website
Ask someone 'how are you?' twice, and listen to their answer	Do something relaxing/recharging for yourself	Do something relaxing/recharging with others	Ask your school, college or youth group to display a Time to Change poster	Read back an article/poem/ chapter you find useful for your mental health
Discuss with a peer: can this generation be more open to mental health than any before?	List three things that people can do to be kind to themselves	Share something new you've learnt from a Time to Change blog post with others	Finish the sentence 'It's time to talk because...'	Set a kind mental health resolution for #TimeToTalk