

#TimetoTalk

time to change

time to
talk day

07/02/19

let's end mental health discrimination

CONVERSATION PACK FOR SPORTS CLUBS



Funded by



Run by



TIME TO TALK DAY 2019 TAKES PLACE ON THURSDAY 7 FEBRUARY

Tackle mental health stigma this Time to Talk Day.

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.

We're asking you to get your athletes, coaches, fans and local community talking about mental health on Time to Talk Day. This year the focus is on finding the right ingredients for a mental health conversation. Whether that's your trainers and running buddy or with your team mates during cool down, we're encouraging everyone to talk.

While our aim is to get the nation talking on 7 February, we know that date may 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

We've got the 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 your backing Time to Talk Day.

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



- **In programme editorial examples:**

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 being able to be open about it 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 themselves.

Signpost to relevant support

Let your athletes, coaches and fans know what resources are available to them and what they can do if they're worried about their mental health.

RESOURCES

You can make the most of your activities and events by downloading and printing our **free resources**. We have a whole host of materials available to help encourage mental health conversations.

BUNTING



COASTER

TIP CARD

<p>MAKE A DIFFERENCE.</p> <p>Get involved today @timetochange /timetochange www.time-to-change.org.uk</p>	<p>3 LITTLE WORDS</p> <p>'How are you?'</p> <p>Showing you care and just being there means a lot.</p>	<p>1 DOLLOP OF PATIENCE</p> <p>With mental health there are good days and bad days.</p>	<p>MAKE A CONVERSATION.</p> <p>time to change let's end mental health discrimination</p>
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CONVERSATION STARTER

Folding Instructions

1. [Diagram]
2. [Diagram]
3. [Diagram]
4. [Diagram]
5. [Diagram]
6. [Diagram]
7. [Diagram]
8. [Diagram]

How to make a conversation

- Pick a circled number and open in alternate directions that amount of times.
- Pick a purple number and open alternately that amount of times.
- Pick your final number, open flap and start your conversation.

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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

Not sure what to write? Use these templates to get started, or see our tips below for getting involved on social media:



TWITTER

- We should be able to talk about mental health anywhere. That's why [club's name] is supporting **#timetotalk** day on Thursday 7 Feb @Timetochange
- Half-time, full-time, anytime - find the time to talk mental health this **#timetotalk** day on 7 Feb @Timetochange

FACEBOOK

- We're backing @timetochange to change the way we all think and act about mental health problems. That's why on Thursday 7 February, we're taking part in **#timetotalk** Day - because we should all be able to talk about mental health just as easily as we talk about the [your sport].
- It's easy to think there's no right place to talk about mental health. But the more we talk about it, the better life is for all of us. That's why, on Thursday 7 February, we're taking part in **#timetotalk** Day and having conversations about mental health
- It's Time to Talk Day on Thursday 7 February.
It's a chance for all of us to be more open about mental health - to talk, to listen, to change lives. We'll be getting the conversation started at [club's name]. **#timetotalk**

WEBSITE

Thursday 7 February is Time to Talk Day - a day when everyone is encouraged to have a conversations about mental health.

At [Club Name], 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.

This year the focus is on finding the right ingredients for a mental health conversation. Whether that's your trainers and running buddy or during your cool down with your team mates, we're encouraging everyone to talk.

Time to Talk Day is run by Time to Change to help spread the word that anywhere can be the right place to talk about mental health - including at work.

[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, your support could be a game changer in the attitude of your athletes, coaches and fans towards mental health. This can mean that people currently experiencing mental health problems will need some support as sensitive conversations may bring up difficult things. Please feel free to use the below text or link to our [support page](#) online.

If you are experiencing mental health problems or need urgent support, there are lots of places you can go to for help.

Time to Change is focusing on changing how we all think and act about mental health. We're not able to provide individual or emergency support for people in crisis, but there are lots of people who can. They are listed here:

SAMARITANS

Telephone: 116 123 (Free 24 hours a day)

Email: jo@samaritans.org

Website: 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.

MIND INFOLINE

Telephone: 0300 123 3393

(9am-5pm Monday to Friday)

Email: info@mind.org.uk

Website: www.mind.org.uk/help/advice_lines

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

ELEFRIENDS

Website: www.elfriends.org.uk

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

RETHINK MENTAL ILLNESS ADVICE LINE

Telephone: 0300 5000 927

(9.30am-4pm Monday to Friday)

Email: info@rethink.org

Website: 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. Rethink also runs **Rethink services and groups** across England and Northern Ireland.

SANELINE

Telephone: 0845 767 8000

(6pm-11pm)

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

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

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

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