

Time to Talk Day 2018

Thursday 1 February.

**Wherever you
are, talk about
mental health on
1 February.**



**time to change
time to talk
day 2018**

let's end mental health discrimination

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. Too many people with mental health problems are made to feel isolated, worthless and ashamed. Time to Talk Day is a chance for all of us to be more open about mental health – to talk, to listen, to change lives. Wherever you are – at home, at work or up the top of a mountain! – have your conversation about mental health this Time to Talk Day.

time to change

let's end mental health discrimination



The communications union

Health, Safety & Environment Dept

Emergency Mental Health Support For Those In Crisis

Samaritans Telephone: 116 123 (Free 24 hours a day)

Mind Infoline Telephone: 0300 123 3393 (9am-5pm Mon-Fri)

Rethink Mental Illness Advice Line Telephone: 0300 5000 927 (10am-2pm Mon-Fri)

SANE - Saneline Telephone: 0845 767 8000 (6pm-11pm)

PAPYRUS (Prevention of Young Suicides) - HOPELineUK: 0800 0684141 (Mon-Fri 10am-10pm, Sat-Sun 2pm-10pm)

CALM (Campaign Against Living Miserably) dedicated to preventing male suicide. Telephone: 0800585858