



Choose talk, change lives.
#timetotalk

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

On 6th February 2020 it's **Time to Talk Day** and we're asking everyone to have a conversation about mental health. You can text a friend, chat to a colleague over a coffee or organising a stigma-busting event, but make sure you when you're asking if someone is ok, that you **ask twice**.

Mental ill health can affect all of us, in fact 1 in 4 of us will experience a mental health problem this year alone. If a mate says they are fine, just think they may not be.



Did you know that the BME people are more likely to hide mental health illness and are less likely to talk about mental health problems than white colleagues?

This can be a result of high levels of stigma and derogatory views held about mental ill health within many BME communities, increasing feelings of fear and isolation.

The simple act of **asking again**, with interest, could help someone to open up for the first time.



To find out more information about time to talk day, visit <https://www.time-to-change.org.uk/asktwice> or scan the QR code to go directly to our website.



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