

Connection begins with a conversation.

Time to Talk Day is an annual initiative led by Mind and Rethink Mental Illness in England, SAMH in Scotland, Time to Change in Wales, and by Lena's parent organisation Inspire in Northern Ireland. We all have mental health and by talking about it we can better support ourselves - and others.



Get comfortable, and get talking about mental health

Time to Talk Day 2025 takes place on Thursday, February 6.

The focus of the day is to break the stigma surrounding mental health and remind everyone that simply taking the time to connect, to engage in conversation, not to be afraid to share, and to ask questions, can make a huge difference.



01. Start the Conversation

- Take time to check in with friends, family, or colleagues. Ask how they're feeling and create a safe space for them to open up.

03. Share on Social Media

- Share mental health stories, quotes, tips, or links to online support and resources using the hashtag **#TimeToTalk**.

05. Use the Day for Self-reflection

- Take time to reflect on your own mental health and to identify actions you can take to improve your wellbeing.

02. Make a Coffee Date

- Invite a friend or two over to yours or out somewhere nice for a cuppa and a catch up and/or organise a team coffee morning in work.

04. Create a Safe Space

- Practice active listening without judgment when others share their thoughts. If comfortable, share your own experiences with mental health to normalise the topic.

Scale of the Issue.

Around one in five adults in NI have a probable mental health problem (a rate 25% higher than in England).

[Learn more](#)

In Ireland 42% of Irish adults met the diagnostic criteria for at least one mental health disorder.

[Learn more](#)





Tips for starting a conversation on Mental Health

Encouraging people to talk about their mental health requires creating a supportive, non-judgmental, and safe environment. The key is to approach the topic with kindness, respect, and understanding.

Below we have shared some strategies to help you be more confident in supporting others to open up.

Lead by example

- Share your own experiences with mental health. This helps normalise the topic and shows others they're not alone.

Ask open-ended questions

- Instead of 'Are you okay?' which often results in a closed-off 'yes' or 'no' response, try questions like:
 - 'How have you been feeling lately?'
 - 'What's been on your mind?'
 - 'What would you like to talk about?'

Create a safe space

- Ensure conversations happen in a relaxed, confidential setting where people feel comfortable sharing.

Practice active listening

- Give the person your full attention. Don't interrupt or jump in to offer solutions unless they ask you for advice or your opinion.
- You can show empathy by saying things like, 'That sounds really tough' or 'I'm here for you.'
- You can also repeat back snippets of what they say to show that you are listening.

Avoid judgement

- Try not to minimise their feelings or to compare what they are going through with your own experiences or that of others.

Offer gentle prompts

- If someone hesitates to open up, gently reassure them by saying something like:
 - 'Take your time—there's no pressure.'
 - 'I'm here if you ever want to talk more.'

Provide reassurance

- Remind them that it's okay to feel the way they do, and that both talking about it, and reaching out and seeking help, is a sign of strength.

Be patient

- Not everyone will be ready to openly share their thoughts and feelings immediately. If that's the case, just let them know the door is always open when they're ready.

Share resources

- Tell your colleagues about the support available via Lena, or print off information available on the Hub and share it with friends and family to increase their awareness and hopefully encourage an open conversation or help-seeking behaviour down the line.
- And don't forget to sign up for Lena's free webinar to find out more about how you can support yourself, and others. See page 4 for more info and a link to book your place.

[Lena Support Hub](#)

Foster a supportive culture

- In your workplace, at home, or in your community, advocate for open conversations about mental health, and help reduce stigma by actively participating in education and awareness campaigns.
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Free online webinar

Looking after your mental health

To mark Time to Talk Day, Lena is delivering a free 1-hour Webinar with up to 500 free places available.

Topic: Looking after your mental health

Time: Friday 7th February 2025, 12-1pm

[Book your place](#)

This workshop will help you to:

- *Learn about self-care techniques that are the foundation of mental health
- *Understand common mental health challenges
- *Explore how to support others while maintaining personal boundaries
- *Commit to ways to support your own mental health as well as tips and tools to support someone else



Expert care, with you at the centre.

Whether it's support for yourself or for someone else you're concerned about - we're here to help
- 24 hours/7 days a week, 365 days a year.

The service we provide is **confidential, free to use, and totally independent** from your employer. So whatever's on your mind don't hesitate to give us a call on your helpline number. Or you can send us an email at support@lenabyinspire.com, or use the online 'Add me' referral form on the www.lenasupporthub.com, and one of our friendly empathetic advisors will call you back (at a time convenient to you) to take you through the referral process at your own pace.