

Time to Talk Day 2024



Time to Talk Day is run by
Mind and Rethink Mental Illness in
England, in partnership with Co-op.

The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all have mental health and by talking about it we can support ourselves and others.

[Click here](#) to find out more.

Top Tips

When starting a conversation, it can be helpful to think about where to talk, when to talk, and what to say. Here are some top tips from **Time to Talk** which you may find useful. You can also find more information from **Student Minds** on the link **here**.

Ask questions and listen

Asking questions can give the person space to express how they're feeling and what they're going through. It can help you to understand their experience better. Try to ask questions that are open and not leading. For example, "how does that affect you?" or "what does it feel like?"

Be patient

No matter how hard you try, some people might not be ready to talk about what they're going through. That's ok - the fact that you've tried to talk may make it easier for them to open up another time.

Treat them the same

When someone has a mental health problem, they're still the same person as they were before. When a friend or loved one opens up about mental health, they don't want you to treat them any differently. If you want to support them, keep it simple. Do the things you'd normally do.

Don't try and fix it

It can be hard to see someone you care about having a difficult time. Try to resist offering quick fixes. Learning to manage or recover from a mental health problem can be a long journey. They've likely already considered lots of different tools and strategies. Just talking can be really powerful, so unless they've asked for advice directly, it may be best just to listen.

Think about the time and place

Sometimes it's easier to talk side by side rather than face to face. If you do talk in person, you might want to chat while doing something else. You could start a conversation when you're walking, cooking or stuck in traffic. But don't let the search for the perfect place put you off!

Top Tips from UoC staff

"Take a leap of faith in yourself and others. It can be scary voicing your feelings to others, you might not communicate to them how you'd hoped, and they may not understand - but it is important to trust your own voice, and in the kindness and consideration of others, especially your friends and family. Remember, the first step is a good step."

-Darryl
Student Engagement Assistant

"Creating a calm relaxed space to listen without judgement can encourage someone to open up about their mental health."

-Alison
Student Services Adviser

"If you're worried about finding the right words to describe what's going on, try writing some notes on your phone about how you're feeling or practice how you want to start the conversation in your head."

-Carl
Student Money Adviser

"If you think someone may be struggling, simply offering them the opportunity to talk can go a long way to helping."

-Ryan
Student Experience Project Officer

"Social media can be a blessing. If you find a post/reel that summarises how you feel, save it and when ready, share it with someone who you want to talk to about it. Someone summarising your feelings can be a great way to break down that initial barrier and get a jump start on the conversation."

-Jo
Disability Support Officer

"My top tip for having conversations about mental health would be to consider the 5 steps to wellbeing - these are to connect, be active, be mindful, keep learning and give to others."

-Tom
VP Student Life

Training

Below are some training opportunities to help you to develop skills and confidence in having conversations about mental health.

- **Student Minds** have developed an interactive workshop called '**Look After Your Mate**', to help you to develop your confidence to support any friends who may be struggling. [Click here](#) to find more information and book onto a session.
- **Mind** have developed a free online course, called '**Conversations in the Community**'. This course will help you to build confidence in how to have conversations about mental health and wellbeing, to be there for others in your community. [Click here](#) to access the online course.
- **Zero Suicide Alliance** offer '**Suicide Awareness Training: University Student Edition**'. This includes information and scenarios that are related to student experiences and aims to equip you with the skills and confidence you need to have a potentially life saving conversation. [Click here](#) to find more information and complete the training.

Listening Services

Below you can find information and links for national listening services which you can contact if you are concerned about yourself, or someone else, and would like to speak to someone for confidential support and practical advice.

The Samaritans logo consists of a green rectangular box with the word "SAMARITANS" in white, uppercase, sans-serif font.

- [Samaritans](#) - call 116 123 (24/7)



- [Papyrus](#) - (support under 35's) call 0800 068 4141, text 07860039967, or email pat@papyrus-uk.org (24/7)

The Shout logo features the word "shout" in a bold, white, lowercase font inside a dark blue speech bubble. To the right of the speech bubble, the text "here for you 24/7" is written in a smaller, blue, lowercase font.

- [Shout](#) - text SHOUT to 85258 (24/7)

University Support

For more information on the below services, or to book an appointment, you can contact our Student Services Helpdesk on 01244 511550, or email: studentservices@chester.ac.uk.

Wellbeing and Mental Health

You can speak to a Student Wellbeing Adviser or Mental Health Adviser for confidential and non-judgemental support and guidance. Appointments can be face-to-face, telephone, or MS Teams. Find more information about the support available [here](#).



Disability & Inclusion

Disability Support Officers can provide information, advice and guidance for students with a wide range of disabilities. See more information [here](#).



Student Assistance Programme

This is our 24/7 dedicated student helpline to support you through life's issues or problems. This includes a range of advice, remote counselling, and in app support. You can see more information on Portal [here](#).



Counselling

You can register for short-term counselling sessions to explore anything that may be weighing on your mind. See more [here](#).



Sexual Violence Liaison Service

The university has a dedicated team of qualified sexual violence liaison officers (SVLOs) to support students who have experienced sexual harassment and/or violence either recently, or in the past. You can find out more on Portal [here](#).



Meet your Student Services Wellbeing & Mental Health Teams

Student Wellbeing Advisers



Mental Health Advisers



Counsellors

