



Living Well North Tyneside

Supporting Health and Wellbeing

Mental health is something we all have, yet talking about it can still feel difficult. **Time to Talk Day 2025**, taking place on **Thursday, 6 February**, is an opportunity to break the silence, encourage open conversations, and ensure that no one feels alone with their struggles.

Organised by mental health charities Mind and Rethink Mental Illness, in partnership with the Co-op, the campaign is all about making time to talk—whether that’s a quick check-in with a friend, a workplace discussion, or a community event. However, big or small, every conversation helps to challenge stigma and support mental wellbeing.

Why Talking About Mental Health Matters

Despite growing awareness, many people still feel uncomfortable discussing their mental health. Whether due to fear of judgement, uncertainty about how to start the conversation, or concerns about saying the wrong thing, silence can often make struggles feel even heavier.

Time to Talk Day is a reminder that mental health conversations don’t need to be complicated. Simply asking “How are you?” and listening without judgement can make a huge difference. Talking openly can help normalise discussions about mental wellbeing, encourage people to seek support when needed, and foster more understanding communities.

Ways to Get Involved

There’s no single way to take part in Time to Talk Day—what matters is finding a way that feels right for you. Whether you’re an individual, part of a workplace, school, or community group, there are plenty of ways to make a difference:

- **Start a conversation** – A quick text, a chat over coffee, or a walk with a friend can open the door to important discussions.
- **Organise an event** – Host a coffee morning, set up a discussion group, or plan a wellbeing activity to bring people together.
- **Use social media** – Share messages of support, personal experiences, or mental health resources using the hashtag **#TimeToTalk**.
- **Raise awareness in the workplace** – Encourage discussions among colleagues, share resources, or introduce initiatives that support mental wellbeing.
- **Support young people** – Schools and universities can use the day to open up conversations about mental health and provide students with tools to seek help if needed.

Making Conversations Easier

If you’re not sure how to start a mental health conversation, you’re not alone. Many people worry about saying the wrong thing, but simply being there for someone is often enough. Here are some simple ways to approach a discussion:

- **Be present and listen** – Give your full attention and avoid rushing to offer solutions.
- **Keep it natural** – A casual setting, like a walk or shared activity, can make conversations feel more comfortable.
- **Ask open-ended questions** – Instead of a simple “Are you okay?”, try “How have you been feeling lately?”
- **Respect boundaries** – Not everyone will be ready to talk, and that’s okay. Let them know you’re there whenever they need.

Building a Culture of Openness

While Time to Talk Day is a great starting point, fostering open conversations about mental health should be an ongoing effort. By creating environments where people feel safe to speak up—whether at home, in workplaces, or within communities—we can help to ensure that mental health is treated with the same importance as physical health.

This 6 February, let's take a moment to check in with ourselves and those around us. A simple chat could be the first step towards someone getting the support they need.

For more information, resources, and ideas on how to take part, visit [TimeToTalkDay.co.uk](https://www.time totalkday.co.uk).

Related Links

- [Time To Talk Day](#)

Last Updated - 30th January 2025

