

# ***Talking Points for Mental Health***

**#breakthestigma**



MENTAL HEALTH AWARENESS MONTH



**KEEP  
TALKING  
ABOUT  
MENTAL  
HEALTH**

# WHY IT'S IMPORTANT TO TALK ABOUT YOUR MENTAL HEALTH



Opening up about your mental health will allow you to express to people how you feel



Talking about your mental health will allow others to help you through difficult times



Talking to someone about your mental health will allow you to get things off your mind



By talking about your mental health someone could help you to problem solve



Talking about your mental health could help others to open up



Talking about your mental health will allow people to understand the problems you are facing



Talking about your mental health shows sign of strength not weakness



Talking about your mental health could open up your support network



Talking about your mental health can help to reduce pressure, stress and anxiety



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# WHY IT'S OKAY TO TALK ABOUT YOUR MENTAL HEALTH



Because it can help you feel better by talking about it



Because it is okay to talk about emotions and feelings



Because it is the first step to breaking the stigma



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Because 1 in 4 of us experience a mental health problem



Because it is okay to feel anxious or low

Because it's okay to show weakness



Because it's okay to show you are struggling

Because it can help reduce feelings of shame



Because it is okay to not feel okay



Because by being open can help you to get support





# HOW TO BE A POSITIVE MENTAL HEALTH ROLE MODEL



Demonstrate and talk about positive physical behaviours (good sleep habits, regular exercise)



Build mental health in regular conversations and contribute to building a mental health friendly working environment



Be there for people. Offer support, encouragement and praise



Encourage people to talk about their thoughts, emotions and feelings



Listen to people. Be patient and understanding



Know where and who to go to for extra support (E.g. referrals)



Demonstrate how and when you use appropriate coping skills



Learn about mental health problems (signs and symptoms)



Regularly check in with people and see how they are doing



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## Talking tips



Keep the chat positive and supportive, exploring the issues and how you may be able to help



Keep your body language open and non-confrontational



Be empathetic and take them seriously



Do not offer glib advice such as "pull yourself together" or "cheer up"



Take into account cultural differences in communication styles e.g. how much eye contact is appropriate



## Useful questions to ask

How are you feeling at the moment?

How long have you felt like this – is it an ongoing issue?

Who do you feel you can go to for support?

Are there any work related factors which are contributing to how you are feeling?

Is there anything we can do to help?

# HOW YOU CAN SUPPORT AND ENCOURAGE YOUR CHILD TO TALK ABOUT THEIR MENTAL HEALTH



**01**  
Help to reduce the stigma attached to mental health



**02**  
Educate yourself about mental health



**03**  
Be aware of the language you use when talking about mental health



**04**  
Show care and compassion towards people



**05**  
Be a positive mental health role model



**06**  
Encourage your child to talk about their feelings/thoughts



**07**  
Set aside time each week to talk about mental health



**08**  
Help them to realise that it shows great strength to talk about our mental health



**09**  
Don't just focus on negative experiences. Identify strengths and good aspects



**10**  
Ask the right questions. Don't be too pushy



**11**  
Get the facts right about mental health problems



**12**  
Be there for your child. Support them through difficult times



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**13**  
Respond in the right way when your child talks about feelings and thoughts







# HOW TO RESPOND WHEN SOMEONE TALKS TO YOU ABOUT THEIR MENTAL HEALTH

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- ✓ I am proud of you
  - ✓ Thank you for sharing that with me
  - ✓ Is there anything I can do for you?
  - ✓ Everything will be okay
  - ✓ We can overcome this together
  - ✓ Can I help you in anyway?
  - ✓ I will help you to get through this
  - ✓ I am always here for you
  - ✓ Take as long as you need
  - ✓ I am here when you need me
  - ✓ This feeling won't last forever
  - ✓ Would you like any extra support?
  - ✓ What can I do to help?
  - ✓ Do you need some time and space?
  - ✓ How can I help you?
  - ✓ I know that must have been hard for you
  - ✓ You have been really brave talking about that
  - ✓ Would you like me to check in on you regularly?



# HOW TO SUPPORT A FRIEND OR RELATIVE WITH THEIR MENTAL HEALTH

## CONTACT

Stay in regular contact. Pick up the phone, send a text or email to check up on your friend or relative



## LISTEN

Listen to your friend or relative. Be patient and understanding



## SUPPORT

Offer to go with them to find some extra support and advice from professionals



## ENCOURAGE

Encourage them to talk about how they are feeling



## COPING SKILLS

Help them to develop coping skills such as relaxation or deep breathing. Be there to practice with them



## RESPECT

Respect their limits and do not put pressure on them to do things



## DAILY TASKS

Ask them if there is anything you can do to help them with tasks such as shopping, cleaning etc.



## WELLBEING

Talk to them about how exercise, sleep and eating healthy can help with their mental health



## JUDGEMENT

Do not judge them or be critical when talking to them



## YOURSELF

Make sure to look after yourself and your own wellbeing



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# SOMETIMES PEOPLE SAY THEY ARE FINE, WHEN REALLY THEY ARE STRUGGLING ON THE INSIDE

HERE ARE 8 WAYS TO CHECK IN WITH A FRIEND



Don't be afraid  
to ask twice:  
How are you?  
Are you sure?



Make your friend  
aware that you are  
there to support  
and help them



Offer emotional  
support towards  
your friend



Stay in regular  
touch by text,  
email or phone



Offer to catch up  
up over a coffee or  
meal



Show interest in  
what it is your  
friend is doing  
(work, family, life)



Don't be afraid to  
share your own  
experiences relating  
to wellbeing and  
mental health



Tell a friend that you  
are there for them if  
they need you



# WHAT NOT TO SAY TO A FRIEND EXPERIENCING A MENTAL HEALTH PROBLEM



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