## Talking Points for Mental Health



MENTAL HEALTH AWARENESS MONTH



# 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



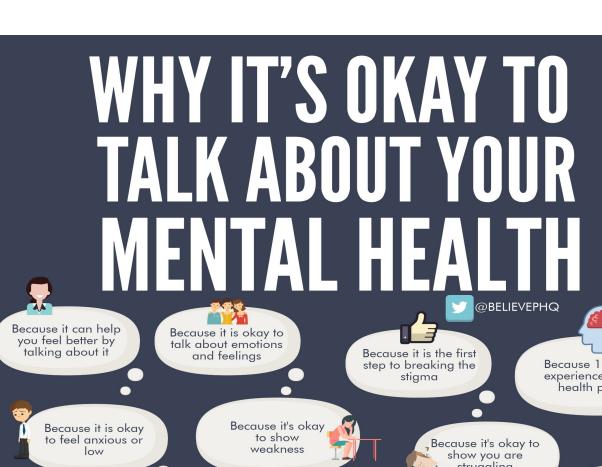
Talking about your mental health could open up your support network



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









# HOW TO BE A POSITIVE MENTAL HEALTH ROLE MODEL



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



Encourage people to talk about their thoughts, emotions and feelings



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



Learn about mental health problems (signs and symptoms)



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



Listen to people. Be patient and understanding



Demonstrate how and when you use appropriate coping skills



Regularly check in with people and see how they are doing





### 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 nonconfrontational



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

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### 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



Help to reduce the stigma attached to mental health



Encourage your child to talk about their feelings/thoughts



Get the facts right about mental health problems

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Educate yourself about mental health



Set aside time each week to talk about mental health



Be there for your child. Support them through difficult times

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



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



Show care and compassion towards people



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

@BELIEVEPHQ



Be a positive mental health role model



Ask the right questions. Don't be too pushy



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



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

#### CONTACT

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



Listen to your friend or relative. Be patient and understanding

## HEALTH

#### SUPPORT

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



Encourage them to talk about how they are feeling

**ENCOURAGE** 

#### 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





## 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



