

The background of the entire image shows two young women with long brown hair, smiling and talking to each other outdoors. The woman on the left is wearing a black and white striped sleeveless top. The woman on the right is wearing a red and white striped short-sleeved shirt and is holding a white cup. They are standing in front of a blurred background of a building and some greenery.

#Chat4Change

Let's challenge the stigma around talking
about Mental Health **together.**

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We all have times when our mental health is good and we feel well, content, and positive. But **we all have times of struggle too**. We might feel low or anxious or stressed. During those times we might feel we need to put on a brave face. But without support, those hard times can be really difficult and lonely, despite the smile we give the world.



But talking openly about how we feel, during the good times and the bad, is a powerful way of challenging the stigma that exists around mental health.

This **Chat4Change** Day, we invite you to start a conversation about mental health. Having a chat about how we feel is a powerful way of challenging the stigma that exists around mental ill-health.

We know talking about mental health can feel difficult, so we've come up with five tips for starting a conversation this Chat4Change Day:



1 Mention Chat4Change and what it is

This is a great way to start a conversation about mental health. You could talk to your family or friends about **Chat4Change** and why it's important to talk about our mental health. Lots of other people will be doing the same, also challenging the stigma of mental ill-health.

2 Talk about self-care

Another way to start a conversation about mental health is to talk about what helps you, what you do for self-care. Self-care is anything you do on purpose to look after yourself. It helps to keep us well and supports us through the hard times. Ask your friends and family what they do for self-care and get some new ideas! Perhaps walking or gardening helps you, or spending time with friends, taking medication, talking to a counsellor, or going to the football. Share your self-care!

3 How are you? Ask twice

Sometimes something as simple as, "How are you?" is a good place to start, but all too often we don't tell the truth! We say, "Fine, how are you?" and move on. Asking twice can be really helpful, especially if you get a sense someone is not ok. Ask again, "How are you really?" and let them know you have the time and space to listen to them and you want to know how they really are.

4 Be prepared with resources

Sometimes when we start conversations about mental health, we come to discover that our friend or family member is not ok. We might not know what to say or do and that can stop us talking. If someone tells you they are struggling right now, let them know you are glad they told you, that it's ok not to be ok sometimes, and let them know there is help and support available. Offer them the **KPG textline** number or look together at the **Chat4Change** page on our website where you'll find links to lots of support and help.

5 Location, location, location!

Think about where might be best to chat about mental health. Talking about mental health openly in cafés or the gym helps challenge the stigma of mental ill-health. But also, be mindful that if you're worried about someone they may not open up in a busy office or on the bus, perhaps choose somewhere they would feel comfortable talking about their struggles. All conversations about mental health matter this **Chat4Change** Day!

**Start a conversation
and make a real
difference!**



Support us with a donation

Text CHAT4CHANGE to 70085 to donate £5 to support The Kaleidoscope Plus Group's support services. Check out our website for more information on our range of support.

Texts will cost the donation amount plus one standard network rate message, and you'll be opting into hearing more from us. If you would like to donate but don't wish to hear more from us, please text **CHAT4CHANGENOINFO** instead.

Feeling low, stressed, anxious or overwhelmed?

Text TEAMKPG to 85258 for FREE, confidential support at any time.