



Chat4Change

**Breaking the silence,
changing the conversation.**

It's not always obvious that someone is struggling with their emotional health and wellbeing.

#Chat4Change and start a conversation today.



Find out more at kaleidoscopeplus.org.uk
or get free confidential support
by texting **TeamKPG** to **85258**.



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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 today.

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

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 Mention Chat4Change and what it is

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 selfcare 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!



Start a conversation and make a real difference!



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.



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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 during **Chat4Change**!

Are you planning on hosting a **Chat4Change** event, and looking to raise some money for KPG in the process?

Did you know each year it costs in excess of £2 million just to keep the charity operational. The charity relies on the support and generosity of local people and businesses to fund services not supported by the local government and provide **vital** support to those who need it most.

To donate visit:

www.kaleidoscopeplus.org.uk/donate/



Feeling low,
stressed,
anxious or
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