

#TimeToTalk



Use this bingo card to help start conversations and get your friends, family, community and colleagues talking about mental health.

Click and complete four actions this Time to Talk Day.

Make space in your day for a conversation about mental health this Time to Talk Day.



In partnership with



Run by



Play your favourite sport and chat about how sport can affect mental health	Have a conversation online about mental health	Have a conversation in person about mental health	Talk to a young person about mental health	Display a Time to Talk Day poster on a community noticeboard
Share a #TimeToTalk day post on social media	Create a picture/cartoon about mental health and share it	Talk about how money worries can impact mental health	Tell someone you know that it's Time to Talk Day	Name three films or books that portray mental health problems responsibly
Run a mental health myth busting quiz	Tell your local community group about Time to Talk Day	time to talk day 02/02/23	Speak to your colleagues about mental health	Share something you've learnt about mental health
Ask someone 'how are you?' twice, and listen to their answer	Talk about mental health with a friend over a coffee	Do something relaxing/recharging with others	Share your top tips for talking about mental health	Share your top tips for talking using #TimeToTalk
Find a community group to join	Name two celebrities that talk about mental health openly	Tell three people about Time to Talk Day today	Finish the sentence 'It's time to talk because...'	Set a mental health resolution for #TimeToTalk