



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

Click and complete four actions.

Get comfortable and start talking about mental health this Time to Talk Day.

#TimeToTalk



Share your top tips for talking about mental health	Copy and paste into a group chat: "It's Time to Talk Day. Let's get comfortable and have a chat about our mental health."	Find a community group or club to join	Do something relaxing with others	Talk about how money worries can impact mental health
Go for a walk with a friend and have a chat	Talk about mental health with a friend over coffee	Invite someone to take a break and sit and chat together	Share your top tips for talking using #TimeToTalk	Ask a colleague how they're doing
Talk about how the news can affect mental health	Tell your local community group, hobby group or club about Time to Talk Day		Start a conversation in person about mental health	Call or message someone you think might need to talk. "I'm around if you'd like to chat."
Put up a Time to Talk Day poster in your community or at work	Create some art about mental health and share it	Take a cup of tea or coffee over to a colleague	Play your favourite sport and chat about how being active can help mental health	Name two celebrities that talk about mental health openly
Tell someone you know that it's Time to Talk Day	Share a #TimeToTalk Day post on social media	Run a mental health myth-busting quiz	Direct Message a friend about their day	Share something you've learnt about mental health