### Have triple maths classes?





## Hang out with a mate who is struggling to cope?

How would you start the conversation?

What would make the environment right to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

Choose talk, change lives.
Together we'll end mental health stigma.

#timetotalk





### Do the school talent show?



"

# Talk to someone about how you're feeling?

How would you start the conversation?

What would make the environment right to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

Choose talk, change lives.
Together we'll end mental health stigma.

#timetotalk







## Make tea for all the teachers



OR

# Ask a friend who is struggling how they are feeling?

How would you start the conversation?

What would make the environment right to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

Choose talk, change lives.
Together we'll end mental health stigma.

#timetotalk





## Open up to close family / friends about your mental health?





## Address a full conference on mental health?

Who are you comfortable sharing this with and why?

What would make the environment right to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

Choose talk, change lives.
Together we'll end mental health stigma.

me to #timetotalk







## Organise a community event every day for a month?



## Tell people in your community that you have a mental health problem?

Who are you comfortable sharing this with and why?

What would make the environment right to have the conversation?

What would help you have a conversation?

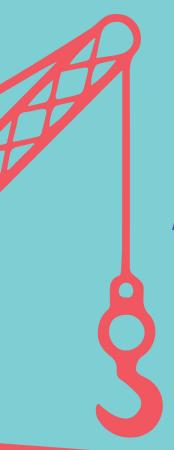
Why would you avoid having a conversation?

Choose talk, change lives.
Together we'll end mental health stigma.

#timetotalk







## Avoid having a difficult conversation at work?

OR

# Ask a colleague who is struggling if they are okay?

Why is it hard to talk about mental health with your employee/manager?

What would make the environment right to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

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## Be silent all year?





## Talk about mental health at work?

Why is it hard to talk about mental health with your employee/manager?

What would make the environment right to have the conversation?

What would help you have a conversation?

Why would you avoid having a conversation?

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