

Time To Talk Day

Schools and Youth Work Activity Pack



Making places stigma free for everyone this Time to Talk Day.



Thank you for being part of Time to Talk Day 2026.

We're delighted to be heading back out into communities across Scotland for this year's campaign, to make places stigma free for everyone on **Thursday 5 February 2026**.

For 2026, we're doing things a little different in Scotland. Until now, the campaign has encouraged people to talk about mental health and to reach out for support.

It's a good message – after all, freedom to speak openly about your mental health can be empowering and can help create supportive conversations.

But what if talking isn't safe?

When you live with a mental health problem or illness, open conversations might not be possible because you know what the consequences could be. Like, losing a job, being made to feel 'less than', being treated differently by family and friends, or being excluded from everyday opportunities.

What you'll find inside:

- What is Time to Talk Day all about?
- Activity ideas
- Communicating with your community
- How to talk to the media and a template press release
- Signposts to support

Stigma and discrimination can make open conversations unsafe because of these harmful consequences. People often tell us, too, that the stigma they experience around their mental health is made worse by other forms of discrimination like racism, transphobia, misogyny and classism.

That's why this year's theme in Scotland is "making places stigma free for everyone".

This Time to Talk Day we're asking people to consider what needs to happen to create safe spaces – and to consider what stigma free communities look and feel like.

This pack is designed to help you with ideas on what to do, make some noise about your activity and spread the message that you're committed to a stigma free Scotland.

This pack is full of tips, ideas and resources to help you get started.

Good luck with your activities on 5 February! You can let us know what you are doing by sharing on social media with **#TimeToTalk**.

If you have any questions at all, please email **info@seemescotland.org** or visit **seemescotland.org** to find more free anti-stigma resources.

What is Time to Talk Day all about?



This Time to Talk Day is about making spaces stigma free for everyone:

- Taking place on Thursday 5 February 2026, it's the day that we can all come together to take positive action on stigma so that people can feel safe to reach out if they wish.
- We're asking communities across Scotland to join the campaign to end mental health stigma and discrimination.

To find out more about the day, visit the **[See Me website](#)**.

Activity ideas



There are lots of ways to get involved in Time to Talk Day. The way you do that is up to you. For example, it could be through workshops with pupils, adapting an art group for young carers, at a sports training session with a youth team, or a tea and talk with colleagues.

Where can I get ideas?

Head over to the See Us '[**working with young people**](#)' page on our website and get loads more ideas of what you can do in your community. We have a huge range of resources for you. Or, if you're looking for a few recommendations, check out our ideas below.

What's On Your Mind?

Our What's on Your Mind pack for schools has a selection of different activities and lessons which you can run during class time or a youth work session. The pack is designed to support both teachers and young people to learn about mental health and develop the skills and confidence to tackle stigma and discrimination in school and the wider community. Download it here for schools.

You can also support young people to get comfortable having conversations about mental health via our What's On Your Mind cards which help support young people to think about what they can do if they need to reach out to someone when struggling with their mental health. [**Whats On Your Mind Cards**](#).

FeelsFM

You could run a FeelsFM activity to help young people to chat about mental health, using our online emoji powered jukebox and activity packs. [**Find out more**](#).

Walk a Mile

Sometimes it's easier to have a conversation when you're doing something active. Why not arrange a Walk a Mile for small groups of people? You could also give people conversation cards to break the ice and help them start a conversation about mental health. Get more information on the [**See Me website**](#).

Mental health quiz

Use our quick mental health quiz to start conversations, test your students' mental health knowledge and help people learn something new.

Find out more and see example questions in our [**See Us Activity pack**](#).



Conversation station

Set up a different themed conversation stations around the room. Each station could have a topic that groups can discuss and then move around the room, promoting conversation and discussion. Topics could include:

- What helps us to feel more comfortable to talk about our mental health?
- What can schools do to make it safer to open up about our mental health?
- What barriers exist to talking and normalising conversations about mental health?
- How do we look after our own mental health?

Groups could take 10-15 minutes per station, and they could write down their ideas on flip-chart paper with sticky notes and pens.

Wall of support

Use a wall in a common area with sticky notes and pens where young people can anonymously share messages of support, encouragement, or their own experiences with mental health. Or it could be through a QR code to a Padlet where people can share things through there, like what helps you on a tough day.

Mental health messages box

You could create a post-box for young people to write positive messages and affirmations to post to each other to brighten people's day.

Scenarios activity

In small groups, young people could discuss some scenarios in relation to talking about mental health.

- Imagine a world without mental health stigma and discrimination, what would it look like?
- If you could create a safe space for people to go to talk about how they are feeling what would it look like?

Speaking out against stigma

As part of your activities, you might want to include some lived experience examples to increase understanding of the impact that mental health stigma and discrimination can have for young people in education and what can make a difference. Why not check out our [video library](#) of young people sharing their experiences?

Other creative activities you could try

Draw what makes you happy – people can draw or write down anything that makes them happy. The pages are pinned to a board or pegged to string to attract other people to have a look. You can then use your personal experiences to talk more generally about mental health, when it is both good and bad.

Mindfulness salt art – rolling pastel chalks across cheap table salt creates wonderful colours and can be put into a small jar, with layers of colours on top of each other. The process of creating something colourful and attractive whilst using your hands can help you to talk about mindfulness, bringing mental health into the conversation.

Bracelet making – using beads and thread, you could encourage people to make bracelets for someone they care about. Some See Me Champions have used beads with letters to spell out names and talk about the importance of being there for others.

Ongoing change

If this is the first time you have looked to tackle mental health stigma in school, it could be the beginning of something even bigger. Find out more about [**See Me See Change**](#), our free resource for schools.

The whole school approach brings together pupils and staff – from senior leaders and pastoral leads to support staff – to work on an equal footing to create a plan to tackle stigma which is unique to their school and circumstances.

Safeguarding considerations for activities

Safeguarding in mental health conversations is about ensuring people's safety, well-being, and dignity. To create a safe and supportive environment for your Time to Talk Day activities, some considerations are identified below as part of preparing for the workshops:

- Consider limiting group sizes to foster a more comfortable and manageable setting.
- Ensure that there is a second facilitator or support to assist with the safeguarding of the session.
- Designate a safeguarding lead and identify a private space where participants can take time out or speak with a facilitator if needed.
- Establish clear ground rules for the session, including expectations for behaviour, confidentiality, and sharing experiences.
- Ensure that everyone understands the process for taking time out if they feel overwhelmed.
- Finally, provide clear signposting for further support, ensuring facilitators and participants know where to turn for additional help if necessary.

More information on safeguarding and facilitation can be found in See Me's [**Its Okay to Talk**](#) Resources. There are links to support at the end of this pack, and you can also access See Me's signposting [**support page**](#) online.

Materials to download and print

There are lots of materials available on the See Me website that you can use to promote your activity, and get your school talking about mental health. Everything is on the [**Time to Talk page**](#).

Communicating with your community



Update for Intranet or school/organisation site

Below is a brief update you can include on your school or organisation's intranet or website to introduce Time to Talk Day and encourage people to get involved.

Making spaces stigma free for everyone

For Time to Talk Day on 5 February, we're asking what a stigma free workplace would look like for everyone.

At [School / Youth Org Name], we know that too often, mental health problems are treated as a taboo subject – something not to be talked about, especially as a young person, out of fear of the consequences.

People worry about being judged, being made to feel 'less than', being treated differently by friends or adults or being excluded from everyday opportunities.

However, we all have mental health and everyone should feel safe to talk about it.

We all experience barriers to speaking about our mental health, but some groups experience unique concerns that threaten their safety. The stigma they experience around their mental health is made worse by other forms of discrimination like racism, transphobia, misogyny and classism.

We are working with See Me, the national programme to end mental health stigma, to ensure that people are not discriminated against because of their mental health status.

As part of our ongoing commitment to this, we are supporting Time to Talk Day. Taking place on Thursday 5 February. Normally, the campaign is about encouraging open conversations about our mental health – but this year, we're changing things up and we're asking the question, what if talking about our mental health isn't safe?

[You could include details here of what your school is doing for Time to Talk Day]

We want everyone to feel they can be open about their mental health, and ask for support if they need it for any reason [you could insert details of your school's support offer, or include the information about support services included in this pack].



Newsletter articles and blogs

Articles and blogs are a great way to open up the conversation about mental health. **Staff and young people** could write articles and blogs as part of Time to Talk Day. This can be done individually or as part of a wider session.

Here are some tips for building a strong article or blog about Time to Talk Day:

Put personal experience first

Stories about mental health are more compelling if they are told by an individual with lived experience. Allow your colleagues or mental health champions who have their own experience of mental health problems to tell their story in their own words.

Why you're supporting Time to Talk Day

Include a quote or paragraph from someone senior within your school or organisation about why they're supporting See Me and Time to Talk Day, and why challenging stigma is important to the organisation.

Information about See Me

Include a short description of See Me and its aims, and how people can find out more and get involved themselves. You can find out more on the See Me website.

Signpost to relevant support

Let readers know what resources are available to them and what they can do if they're worried about their mental health. You can find out about different support services on our website.

Social Media

Social media is a great tool to help spread the word about an event or activity and get people interested. If your school, or youth organisation, uses social media, we would love for you to join the conversation and create a buzz in the run up to and on Time to Talk Day.



To follow the activity, use the hashtag #TimeToTalk and tell us what you're up to by tagging See Me in your post.

Facebook and X (Twitter) cover images

Share our social media images to tell anyone who visits your channels that you're supporting Time to Talk Day.

Download and use these images to show anyone who visits you on social media that you are supporting Time to Talk Day.

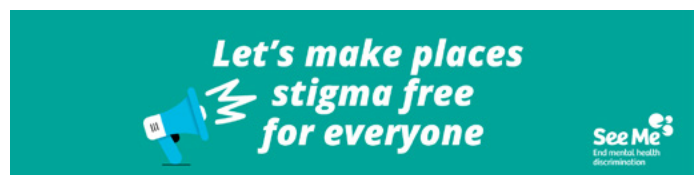
f



X



in



Suggested social media posts

Not sure what to write? Use these ideas to get started, or see our tips below for getting involved on social media:

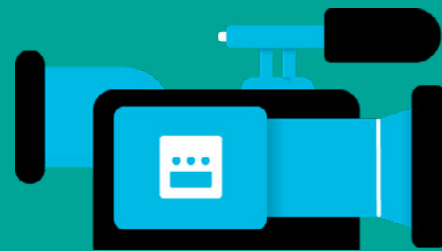
- We're supporting #TimeToTalk Day 2026! The mental health is our top priority, and on 5 February, we'll be [insert plans].
- Opening up the conversation about mental health problems is so important, but it doesn't always feel safe – which is why we're supporting this year's #TimeToTalk Day on 5 February. Join us in making places stigma free, so everyone can feel safe to talk about their mental health.
- We want everyone to feel safe talking about their mental health at [insert organisation name] – which is why we're supporting this year's Time to Talk Day on 5 February.
- On Thursday 5 February, we'll be joining taking part in #TimetoTalk Day. Mental health is a key priority for our school– and our commitment to creating stigma free spaces, everyone can feel safe opening up.
- Opening up the conversation about mental health problems is so important, but it doesn't always feel safe – which is why we're supporting this year's #TimeToTalk Day on 5 February. Join us in making places stigma free, so everyone can feel safe to talk about their mental health.

Don't forget to tag us in your social media posts:



@seemescotland

How to talk to the media and a template press release



Want to write a blog for us?

Personal blogs, vlogs and stories can be a powerful way to change attitudes. By sharing your story, you can spread knowledge and perspectives about mental illness that could change the way people think about it.

We'll publish blogs that:

- Are aimed at changing the way people talk, think and act about mental health
- Are about other people's reactions towards your mental health problem, and the impact it had, whether positive or negative
- Are aimed at the general public rather than at other people with lived experience

If you'd like to have your blog featured on our website please email **Ana.DaSilva@seemescotland.org**.



Template press release:

If you want to publicise the work you are doing around mental health, you may want to speak to the media. You can use this template press release to do so. If you need more support please contact Ana Da Silva, Senior Communications Officer, **Ana.DaSilva@seemescotland.org**.

For immediate release
[insert date]

[Name of group] holds [insert event] to support Time to Talk Day

[Name of group] will be holding an event on Thursday 5 February as part of a nation-wide push to make places stigma free for everyone.

Time to Talk Day is organised in Scotland by See Me, the national programme to end mental health discrimination.

Time to Talk Day has in the past aimed to get as many people as possible talking about mental health.

Since its launch, Time to Talk Day has sparked millions of conversations in schools, homes, workplaces, in the media and online, and attracted support from Scottish celebrities such as Des Clarke, Gail Porter and actor Daniel Portman, who played Pod in Game of Thrones.

However, this year, See Me is pushing the campaign a step further and asking people to consider the question, what if taking isn't safe? The campaign is hoping to raise awareness that stigma and discrimination associated with mental health problems and illness still exists and is still preventing people from being treated fairly.

The campaign is also encouraging people to think about and recognise that the stigma people experience around their mental health is made worse by other forms of discrimination like racism, transphobia, misogyny and classism.

So this year's campaign is encouraging workplaces, healthcare services, schools, communities and leaders across those settings to join us in this year's campaign theme of 'making spaces stigma free for everyone'.

[Name of group, location] will join thousands of other groups, organisations, schools and members of the public, who will be looking at how we can make stigma free places for everyone on Time to Talk Day. [Activity planned for the day by [Name of group]] will include [Please add a paragraph in here about what your group is specifically doing].

[Name of spokesperson, role at group] said: (suggested quote) "We are taking part in Time to Talk Day because we want everyone to feel safe opening up about their mental health. We recognise that people fear the consequences of talking about their mental health, but [GROUP NAME] is committed to recognising we have the potential to make change happen so that it does not have to be that way."

Wendy Halliday, director at See Me, said: “See Me has been a part of Time to Talk Day since 2018, and every year the campaign has encouraged people to open up conversations around mental health.

“While it is a good message to speak openly about your mental health - and of course it can be helpful to someone’s recovery journey - many people don’t feel safe to do so. This could be for a number of reasons, but we know the fear of stigma and its consequences is a huge barrier – like losing a job, being labelled, or having your mental health status used against you. And when you consider that the stigma people experience around their mental health is made worse by other forms of discrimination like racism, transphobia, misogyny and classism, you can see why open conversations are just not possible for many people.

“That’s why for 2026, we are asking workplaces, healthcare services, schools, communities and leaders across those settings to think critically about how stigma impacts people, how it looks for someone who’s also lost trust in services because of racism and other forms of discrimination – and ultimately we’re asking leaders to consider what they can do to create change to ensure places are stigma free for everyone.

“We want leaders to ask themselves, “what if talking isn’t safe?” and “what can we do to make spaces safer for people?”.

“We’re asking those who have the power to be changemakers to join in our vision to make Scotland a fairer and more inclusive place free from mental health stigma and discrimination.”

For information about Time to Talk Day and how you can get involved please visit [**seemescotland.org/TimeToTalk**](https://seemescotland.org/TimeToTalk).

Ends

Notes to Editor

For more information please contact [insert contact details of best person to contact for more info]

1. See Me is Scotland’s national programme to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.
2. Taking place on Thursday 5 February 2026, Time to Talk Day is run in Scotland by See Me, with SAMH (Scottish Action for Mental Health), and Mind in England.
3. Follow See Me on X (Twitter) and Instagram @seemescotland or find us on Facebook: Facebook/seemescotland, or at www.seemescotland.org
4. See Me is managed by SAMH and the Mental Health Foundation and funded by Scottish Government.

Signposts to support



Mental health conversations have the power to make a big difference, but sometimes these conversations can bring up some difficult things that people may not have spoken about before. This might mean that they need some support.

See Me is focusing on changing how we all think and act about mental health. We're not able to provide individual or emergency support for people in crisis, but there are lots of people who can. They are listed below, and you can also find links to urgent help on our **website**.



Samaritans provides confidential non-judgemental emotional support for anyone who is feeling overwhelmed – you don't have to be suicidal.

The service is available 24 hours a day, seven days a week.

Call: **116 123**

Text: **07725 90 90 90**

Visit: **www.samaritans.org**

Email: **jo@samaritans.org**



NHS 24 is a call centre operated by the NHS to provide patients with health advice and help over the phone when your usual GP services aren't available. Referrals can also be made over the phone to crisis support and other mental health professionals outwith normal GP practice working hours.

Call: **111** or if you think you need an emergency ambulance, call **999** and speak to the operator

Visit: **www.nhs24.com**



Breathing Space is a free, confidential phoneline service for any individual who is experiencing low mood and depression, or who is unusually worried and in need of someone to talk to.

Lines are open from 6pm to 2am Monday to Thursday, and 6pm on Friday to 6am on Monday.

Call: **0800 83 85 87**

Visit: **breathingspacescotland.co.uk**



ChildLine is a counselling service for children and young people. You can contact ChildLine anytime and in these ways; You can phone, send an email, have a 1-2-1 chat, send a message to Ask Sam and you can post messages to the ChildLine message boards. Visit the website to find out more.

Call: **0800 1111**

Visit: **www.childline.org.uk**



Scottish Women's Aid offers practical and emotional support for women experiencing domestic abuse. They offer support in person and through their 24/7 helpline.

Find out more: womensaid.scot



Black Minds Matter UK is a fully registered charity operating in the UK; connecting Black individuals and families with free mental health services - by professional Black therapists to support their mental health.

Visit: blackmindsmatteruk.com



Shakti Women's Aid helps BME women, children, and young people experiencing, or who have experienced, domestic abuse from a partner, ex-partner, and/ or other members of the household. They also have outreach staff in Dundee, Stirling and Fife.

Call: 0131 475 2399

Visit: shaktiedinburgh.co.uk

E-mail: info@shaktiedinburgh.co.uk



Promoting the health, wellbeing and equality of lesbian, gay, bisexual, transgender (LGBT+) adults (16+) in Scotland. LGBT Health and Wellbeing welcome the entire diversity of LGBT+ community including non-binary, queer, intersex, asexual people and all identities under the LGBTQIA+ umbrella.

Visit: lgbthealth.org.uk



Penumbra Mental Health is a pioneering charity providing dedicated services for people with mild to serious and enduring mental ill health. They support people on their journey to better mental health, by working with each person to find their own way forward.

Visit: penumbra.org.uk



The self-harm network provides compassionate and non judgemental support for anyone in Scotland experiencing self-harm. Support is provided by a network of peer support practitioners. Support can be accessed seven days a week including through an out of hours webchat.

Find out more here:

selfharmnetworkscotland.org.uk



Beat is the UK's national eating disorder charity. Their Scottish helpline is open 365 days a year for people seeking support related to an eating disorder.

Call: 0808 801 0432

Email: Scotlandhelp@beat.org.uk

Visit: beateatingdisorders.org.uk



Counselling Directory provides information to help people find a qualified counsellor or psychotherapist in their local area.

Find out more here:

counselling-directory.org.uk

****This link is not an endorsement to any of the counsellors on the site.****



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51 Wilson St
Glasgow G1 1UZ

T: 0141 530 1111
E: info@seemescotland.org



[seemescotland](http://seemescotland.org)

See Me is Scotland's national
programme to end mental health
stigma and discrimination.

Join our movement to make
Scotland a fairer and more inclusive
place for people living with mental
health problems and illness.

www.seemescotland.org