

**FURTHER AND  
HIGHER EDUCATION**



**Get comfortable and start  
talking about mental health**

**time to  
talk day**  
**06/02/25**

**See Me**  
End mental health  
discrimination

**#TimeToTalk**

See Me is run by

**SAMH**  
Scottish Action for Mental Health

**MENTAL  
HEALTH  
FOUNDATION**

 **Healthier  
Scotland**  
Scottish  
Government

In partnership with

**co  
op**

# Talk, listen and change lives for Time to Talk Day.

**Thank you for being part of Time to Talk Day 2025.**

We're delighted to be heading back out into further and higher education settings across Scotland for this year's campaign, to get as many students and staff talking about mental health as we can on **Thursday 6 February 2025**.

Creating an open and understanding community allows those of us with mental health problems to feel seen and heard. It doesn't take much to show someone you're there and willing to listen. Talking about mental health reduces stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

The theme for this year's campaign is 'get comfortable and start talking about mental health'. We are encouraging all people engaging in Time to Talk Day to think about what helps them feel more comfortable having conversations to be able to open up about mental health.

Getting comfortable can mean creating a confidential and safe space for people to have conversations but it can also mean creating an emotionally safe environment where people feel supported to have these conversations and be honest.

This Time to Talk Day everyone should consider what could contribute to people being comfortable to talk openly about mental health in terms of being physically comfortable and emotionally comfortable in your setting. Mental health stigma and fear of discrimination can be major barriers for people when it comes to opening up and saying what's on their mind - and further and higher education settings can be a great place to get some of those conversations started.

This pack is designed to help you with ideas on what to do, make some noise about your activity and spread the message that talking about mental health doesn't need to be difficult.

## You'll find inside:

- **What is Time to Talk Day all about?**
- **Activity ideas**
- **Materials to download and print**
- **Tips on blogging and template social media posts**
- **Template press release**
- **Signposts to support**

**Good luck with your activities on Thursday 6 February!  
You can let us know what you are doing by sharing on social media with #TimeToTalk. If you have any questions at all, whether it's your first or eighth Time to Talk Day, please contact us.**





# What is Time to Talk Day all about?

**Time to Talk Day is the perfect opportunity to get as many people talking about mental health as possible. Colleges, universities and other education settings are the ideal place to open up conversations and share the importance of listening.**

- Time to Talk Day 2025 is on **Thursday 6 February**.
- More people are struggling with their mental health than ever before, which is why talking about mental health is so important.
- Time to Talk Day is a chance for all of us to talk about mental health, to listen, to change lives.
- Take the time to have a conversation about mental health for Time to Talk Day.

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

# Activity ideas

**Time to Talk Day** is all about getting people talking about mental health.

**The way you do that is up to you. For example, it could be through workshops with students, adapting a lecture or class for learners to have a focus on mental health, or a tea and talk with colleagues.**

## Where can I get ideas?

This activity pack will give you a variety of suggestions for activities to prompt conversation about mental health.

### Mental health bingo

A fun way to get your students talking about mental health. **Download our ready-made interactive bingo card**, full of ways to start a mental health conversation.

### 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' and staff's mental health knowledge and help people learn something new.

### Ideas wall

Set up a board somewhere visible in your setting, so that students and staff can stick up their ideas to state what makes them comfortable discussing mental health or what they would need in order to feel safe and comfortable to talk openly about mental health. Ideas can include creating a safer and inclusive physical space to have these conversations or what makes people feel emotionally comfortable to discuss mental health in your work.



## Digital mental health board

Education settings could use resources such as Padlet, Miro, or Moodle to create digital mental health “boards” that can be collaborated on within your environment for people to share useful resources and advice and get more information on options for support.

This could also be used as a place to share positive messages about mental health and conversation prompts.

It would be a good place to remind students and staff where they can access support services. You could choose to go beyond mental health and showcase how they could get financial support or support with classwork, as these areas can also have an impact on wellbeing.

## Showcasing internal support

If your education setting has Mental Health First Aiders, wellbeing champions or student wellbeing officers, Time to Talk Day may be a good opportunity for people involved in these schemes to showcase what their role is for and how they can offer support to students, apprentices or staff in your setting.

This would present a good opportunity for students and staff to find out more and ask questions. If your setting doesn't have roles like this, Time to Talk Day offers the chance to discuss whether this would be helpful.

You can find out more about the role and how to set it up on the See Me website **See Me website**.

**“We held a coffee morning with a board for people to write up what helped them with their mental health... It went so well and there were lots of very genuine conversations with people opening up and talking.”**

## Conversation café

You could have a coffee morning/ wellbeing space available on this day and include conversation prompts on the table or around the room to get people chatting about mental health.

These could be questions such as:

- What helps you speak about mental health?
- What could we do to help people feel comfortable speaking about their mental health?

This could also be a good space to signpost to internal and external mental health support services that your setting provides.



## Other activities you could try

Higher and further education settings could also work with the student union or student associations to host stalls focused on having mental health conversations. These groups may also wish to host information sharing sessions and learning opportunities to upskill people when discussing mental health in a way that is not stigmatising. These can be good opportunities to also share any relevant resources and support services available for students.

You may wish to have input sessions with their societies or clubs and get feedback from these groups on what would help them feel comfortable talking about mental health with their friends, family or education setting.

Education settings may wish to hold quiet spaces with creative activities such as 'draw what you feel' sessions or creative writing/poetry sessions focused on mental health. These creative spaces can be a good way to start conversation about mental health which can be built upon.

If this is the first time you have looked to tackle mental health stigma in your setting, it could be the beginning of something even bigger. See Me have been working with Think Positive to adapt the See Me See Change approach for colleges and universities. More information about this work can be found through the **Think Positive website**.

## Safeguarding considerations for activities

Safeguarding in mental health conversations is about ensuring people's safety, wellbeing, 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 create 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.



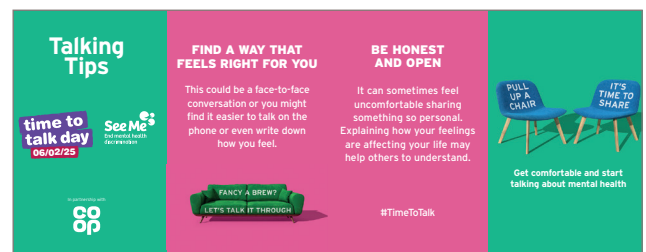
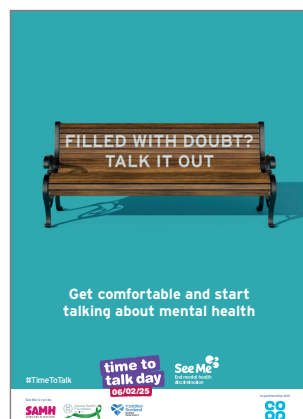
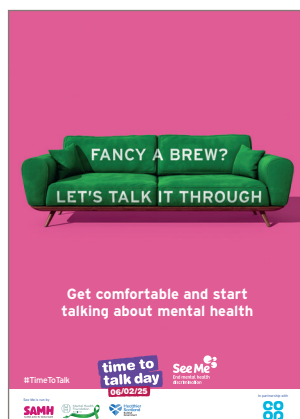
# Materials to download and print

There are lots of materials available on the See Me website that you can use to promote your activity, and get your workplace talking about mental health.

Everything is on the [Time to Talk page](#).

## Posters

Use our posters to spread the message about Time to Talk Day in your college, university or education setting. They are ready to be printed, either in school or by a professional printer.



## Tip cards

Filled with ideas around starting the conversation, these are easy to read and the perfect size to pop into a pocket or wallet. Hand them out at an event or leave them in areas where people will find them and read them.

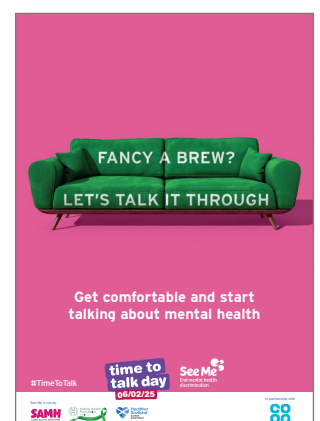
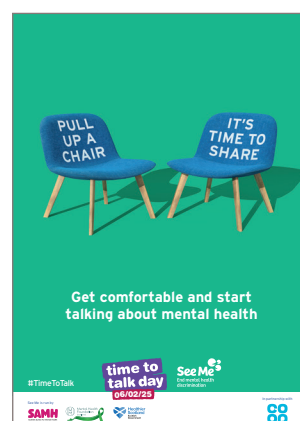
## Postcards

A fun way to encourage conversations from afar. Pop one in the post to a colleague to show that you're thinking of them.

**"We had the Time to Talk quiz up around the park and called it a 'Walk and Talk', we had craft activities in the pavilion and Champions walking around the play area talking to park users."**

## Bunting

Brighten up your college, university or education setting and get people talking with our colourful bunting.



# Get involved online

**Spreading the word online can be a fantastic way to get people talking about mental health**

## Email banner

By using our email signature you can help spread the word about Time to Talk Day and encourage people to start talking about mental health.



## Update for Intranet or institutions website

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

### You can talk about mental health with young people

**Thursday 6 February 2025** is **Time to Talk Day** - a day when everyone is encouraged to have a conversation about mental health.

At *[education establishment]*, we know that it benefits all of us to talk about mental health.

**Time to Talk Day** is run in Scotland by See Me to help spread the word that you can talk about mental health anywhere. See Me is Scotland's national programme to tackle mental health stigma and discrimination.

*[If you are running an event, you can include the information about it here].*

Time to Talk Day is run by See Me in partnership with other anti-stigma partners across the UK and Ireland.

Around *[education setting]*, you'll find posters and ideas on how to start your conversation. There is also information about how to support others, and where to go if you need support.



# Template email / intranet / Microsoft Teams post

**Below is a template email which you're able to tailor to your education setting, either in its current form as an email, or a more bite-sized chunks to be posted on whatever communication platform you use.**

To all staff,

**For Time to Talk Day on Thursday 6 February, we're encouraging everyone to talk about mental health.**

Too often, mental health problems are treated as a taboo subject - something not to be talked about, especially at work.

However, mental health affects us all and we should feel able to talk about it.

The more conversations we have, the more myths we can bust and barriers we can break down - helping to end the isolation, shame and worthlessness that too many of us feel when experiencing a mental health problem.

By choosing to be open about mental health, we are all part of the See Us movement that's changing the conversation around mental health and ensuring that no one is made to feel isolated or alone for having a mental health problem.

As part of our ongoing commitment to this, we are supporting Time to Talk Day.

*[You could include details here of what your education setting is doing for Time to Talk day].*

We want every *[member of our education setting]* here to feel they can be open about their mental health and ask for support if they need it *[you could insert details of your education setting's support offer or include the information about support services included in this pack].*

**[Sign off]**



# Newsletter articles and staff blogs

**Articles and blogs are a great way to open up the conversation about mental health. Staff and students 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 education setting 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 and blogs

**Social media is a great tool to help spread the word about an event or activity and get people interested**

If your college, university or education setting, 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

Get started by **downloading and using these images** to show anyone who visits you on social media that you're supporting Time to Talk Day.



## 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:

Talking about mental health is one of the first steps towards breaking the stigma that still exists - which is why we're supporting this year's **#TimeToTalk** Day with **@seemescotland** on **6 February**.

It's **#TimeToTalk** Day on **6 February 2025**! How will you get the conversation started on mental health?

Talking about mental health doesn't need to be awkward. This **#TimeToTalk** Day, we'll be *[share your activity plans]*.

For this year's **#TimeToTalk** Day, we're encouraging all members of the *[education setting]* community to get talking about mental health. However you do it, have a conversation about mental health on **6 February**.

The mental health of our students and staff is one of our top priorities - so we're getting involved in the country's biggest conversation on mental health. For this year's Time to Talk Day on Thursday **6 February 2025**, we'll be *[information about some of the activity your education setting will be doing]*. However you do it, join the conversation on mental health this Time to Talk Day.

## Tips for using social media and blogging

- Use photos and videos to make your posts more engaging.
- It's the human stories that make your posts interesting, so focus on the people! Why not film some short clips of the people at your activity or event?
- Use the hashtag **#TimeToTalk** in all tweets and Instagram posts about your activity.
- Include a 'call to action' in your tweet if appropriate - i.e. 'get involved', 'join the movement', 'tell your friends' etc.
- Post interesting updates throughout the day to keep the buzz going.

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



**@seemescotland**



**seemescotland**



**@seemescotland**

## 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](mailto:Ana.DaSilva@seemescotland.org).**



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, Communications Officer [Ana.DaSilva@seemescotland.org](mailto:Ana.DaSilva@seemescotland.org).



# Template media release

For immediate release

[Insert date]

## **[Name of education setting] holds [insert event] to support Time to Talk Day**

[Name of group] is supporting Time to Talk Day on **Thursday 6 February 2025** and encouraging as many people as possible to choose to talk about mental health.

**Time to Talk Day** Time to Talk Day aims to get as many people as possible talking about mental health. This year's campaign focuses on getting comfortable opening up conversations about mental health and having safe spaces where these conversations can occur. See Me is encouraging the people of Scotland to have open conversations about how we're feeling and what we need to feel comfortable talking about mental health to combat the stigma that still exists.

[Name of education setting] will join thousands of other groups, schools and members of the public, who will all be having conversations about mental health on Time to Talk Day. Activity planned for the day by [Name of education setting] will include [Please add a paragraph in here about what your group is specifically doing].

A survey of 1,000 young people aged 16-24 on mental health, found that 66 per cent think that young people are dismissed by adults when they try to speak about their mental health.

**Research** from 2022 by The Mental Health Foundation of over 2000 college students in Scotland revealed that 64% of college students in Scotland had low mental wellbeing. This research also revealed that 55% of students said they had

concealed a mental health problem due to fear of stigma.

*[Insert organisation quote].*

**Wendy Halliday, Director at See Me, said:**

“Talking about mental health can often take someone out of their comfort zone, especially when stigma gets in the way of starting a conversation.

“We know that talking about how we are feeling is the first step we can take to break down the barriers and get the support we need. We all have mental health, and any one of us could go through a period where our mental health is impacted by life events.

“It’s why we’re asking everyone to think about two things - what do you need to have in place to make it confrontable for you to be open about your mental health? And what can you do to make it more comfortable for others?”

For information about Time to Talk Day and how you can get involved please visit the **See Me website**.

**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 6 February 2025, Time to Talk Day is run in Scotland by See Me, with SAMH (Scottish Action for Mental Health), by Mind and Rethink Mental Illness in England, by Inspire in Northern Ireland, and by Time to Change Wales in Wales, all in partnership with the Co-op.
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](#).

It is important when signposting to support in your setting that you also include support that student services/student wellbeing officers can offer and local support services that students could access.

## Samaritans

**Telephone: 116 123**

**Text: 07725 90 90 90**

**Email: [jo@samaritans.org](mailto:jo@samaritans.org)**

**[www.samaritans.org](http://www.samaritans.org)**

Samaritans provides confidential non-judgmental emotional support for anyone who is struggling to cope - you don't have to be suicidal. The service is available 24 hours a day, seven days a week.

## Breathing Space

**Call: 0800 83 85 87**

**[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)**

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-2am Monday to Thursday and 6pm-6am Friday to Monday.**

## NHS 24

**[www.nhs24.scot](http://www.nhs24.scot)**

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 out with normal GP practice working hours. **Call 111 or if you think you need an emergency ambulance, call 999 and speak to the operator.**

## Think Positive

**[www.thinkpositive.scot](http://www.thinkpositive.scot)**

**Mental health support at your college**

**Mental health support at your university**

Think Positive have a hub of resources focused on students' mental health. Think Positive have information on what mental health support individual colleges and universities provide via their website.



# Signposts to support

## Saheliya

[www.saheliya.co.uk](http://www.saheliya.co.uk)

Saheliya is a specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area.

## Shakti Women's Aid

Telephone: 0131 475 2399

Email: [info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)

[www.shaktiedinburgh.co.uk](http://www.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.

## Penumbra

[www.penumbra.org.uk](http://www.penumbra.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.

## Black Minds Matter UK

[www.blackmindsmatteruk.com](http://www.blackmindsmatteruk.com)

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.



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discrimination

**Where to find us...**



**seemescotland**



**@seemescotland**



**www.youtube.com/seemescotland**



**@seemescotland**

**www.seemescotland.org**

See Me is run by



In partnership with

