

**“IT'S  
ALLLL  
GOOD!”**

SOMETIMES MEANS  
I'M STRESSED AND  
BURNED OUT

# Time to Talk about Mental Health

**time to  
talk day**

**01/02/24**

Time to Talk Day is the nation's biggest mental health conversation.

It's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives. This year's Time to Talk Day is on 1st February and in Northern Ireland the campaign is led by Inspire in partnership with the Co-op.

Time to Talk Day is the perfect opportunity

to start a conversation about mental health and Inspire have developed a range of downloadable resources [available here](#).

## Get involved by:

- Putting up [posters](#) or [sharing social media content](#)
- Organising a coffee morning or walk for your workplace or community
- Using the [True or False Quiz](#) and the [Interactive Bingo](#) to start a conversation about mental health

Further information on mental health including support services and self-help resources are available on the [B Well](#) staff health and wellbeing website.

If you, or someone you know, is in crisis and struggling to cope, call Lifeline and speak to a counsellor immediately 0808 808 8000. Textphone for deaf and hard-of-hearing Lifeline 18001 0808 808 8000.

For more information on the work of the Health Improvement Team visit our page [here](#).

