

If in doubt - Talk it out!

4 Ways to help you & others open up about mental health...

Be the Reassuring Voice...

Choose a quiet, private moment to **check in with your family, friends or colleagues and encourage them to express their feelings.** If they seem uncomfortable discussing emotions with you, maybe suggest that they visit the doctors or phone a **mental health helpline** to talk it out. Why not see if it is okay for you to check in with them in a few days time!



The 'Fine' Response...

If somebody close to you appears to be quieter than usual, take five minutes to ask if they are okay. Some people who are struggling with their mental health may cover up how they really feel, responding with 'I'm fine'. Research suggests that when asked, **over three quarters** of us would tell friends, family or a work colleague that we are fine, when we're not. A useful top tip? **Ask twice!** You can learn more at:

<https://www.mentalhealthatwork.org.uk/resource/ask-twice-2/>

The Subtle Approach...

There are many ways you can support those around you without having to engage in what can be, a daunting conversation. Subtly sharing resources, such as **top tip posters, guides, blogs or counselling helpline numbers,** can be a thoughtful yet responsive way to support family, friends or colleagues. Stumbling across these in social areas, such as on a noticeboard or even in your living room, might just prompt somebody to **seek support and open up** about their mental health!



Podcasts can support Men and Mental Health...

Men talk... or do they?! Research from the Mental Health Foundation suggests that male suicide accounts for three quarters of all cases, with 1 in 4 of those said to be suffering from stress. Our Wellbeing Manager and qualified Mental Health First Aid Trainer is always exploring different approaches to encourage men to open up about their feelings. Here's a podcast discussion between four men who delve into topics associated with mental health.

Let's end the Mental Health stigma!

www.mentalhealth.org.uk/podcasts/four-men-talk-about-mental-health