

# #TimeToTalk Day



Use this bingo card to help start conversations and get your friends, family, community and colleagues talking about mental health.

## Click and complete four actions this Time to Talk Day.

Conversations have the power to change lives, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

However you do it, have a conversation about mental health this Time to Talk Day.



In partnership with



Play your favourite sport and chat about how sport can affect mental health	Have a conversation online about mental health	Have a conversation in person about mental health	Talk to a young person about mental health	Display a Time to Talk Day poster on a community notice-board
Share a #TimeToTalk day post on social media	Create a picture/comic/cartoon about mental health for yourself	Share the picture/comic/cartoon you've made with someone else	Tell someone you know that it's Time to Talk Day	Name three films or books that portray mental health problems responsibly
Run a mental health myth busting quiz	Tell your local community group about Time to Talk Day	TALK listen change lives	Speak to your colleagues about mental health	Share something you've learnt about mental health
Ask someone 'how are you?' twice, and listen to their answer	Talk about mental health with a friend over a coffee	Do something relaxing/recharging with others	Share your top tips for talking about mental health	Share your top tips for talking using #TimeToTalk
Find a community group to join	Name two celebrities that talk about mental health openly	Tell three people about Time to Talk Day today	Finish the sentence 'It's time to talk because...'	Set a mental health resolution for #TimeToTalk