Toolbox Talk Talking about mental health





Talking about mental health

We know talking about mental health is not always easy. Starting a conversation doesn't have to be awkward and being there for someone can make a huge difference. There is no right way to talk about mental health. There is no right place either. You can talk about mental health anywhere! The main thing to consider is that the conversation is safe and discreet.



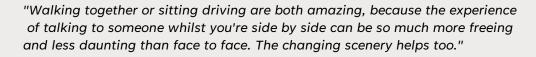
However, if you're not sure how to get a conversation started, there are plenty of different ideas you could try. Whether you would like to open up to others about your own mental illness or support someone you know here are just a few tips.

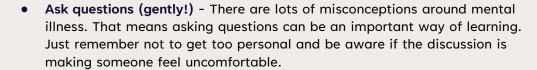
• Start small - Many people find talking in person intimidating, and that's understandable. But it doesn't need to stop you from starting a conversation altogether. You could make a quick phone call, send your best mate a text, or leave a note.

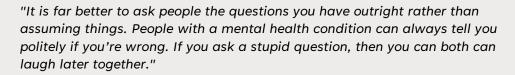


"It is not the massive gestures or the giant paragraphs that have made the biggest difference, but the little things. It doesn't take long to send a quick text, but the impact it has is huge. A text from a friend reinforced how I wasn't alone."

• Find a good time & place - Sometimes it's easier to talk side by side rather than face to face. So, if you do talk in person, you might want to chat while you are doing something else. You could start a conversation when you're walking, cooking or stuck in traffic.











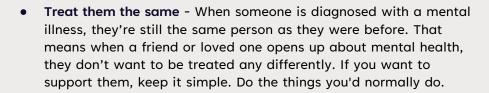
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• **Be open** - Being open and honest with others can help to build trust. For example, you might choose to tell your friend something about you that they may not know. Don't feel pressure to share anything that you are not comfortable with.

"It doesn't have to be anything major – but being a bit more open about things, especially as a man, can often encourage a good friend to do the same."



"If you'd usually meet for a meal, don't say let's go to the zoo. Keep things the way they were 'before'."





For more information on Mental Health please visit the Atlas Health and Wellbeing page.