

MENTAL HEALTH CONVERSATION STARTER

TALK

1 Tell a friend a joke.

2 Speak to someone in your class who you don't usually spend time with.

CHAT

CONVERSATION STARTER

Around one in four people will experience a mental health problem this year. Talking about how we feel doesn't need to be difficult and it can make a big difference.

Use our conversation starter to get talking today.

time to change

let's end mental health discrimination

Visit time-to-change.org.uk for more free resources and videos.

3 Tell someone how you're feeling today.

4 Thank someone for something they've done for you.

5 Look for someone who seems lonely at playtime and have a chat.

6 Share with someone the thing that makes you smile the most.

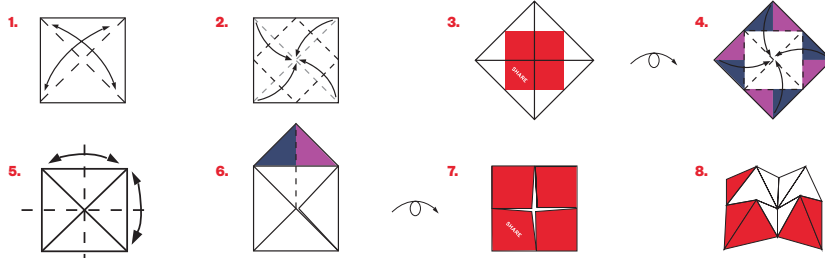
7 Sit with someone different at lunchtime and have a chat.

8 Ask a friend "How are you?"

SHARE

SPEAK

Folding instructions



Using the conversation starter

1. Pick a conversation word - TALK, CHAT, SPEAK or SHARE.
2. Open the conversation starter in alternate directions for each letter in the word (e.g. four times for TALK, five times for SHARE).
3. Pick a number and open the conversation starter alternately that number of times.
4. Pick your final number, open the flap and start talking!