

Employee Health and Wellbeing

Time to Talk - February 2021

Time to Talk Day is a day organised by Time to Change Wales every year to get people talking about mental health. This year's theme is the Power of Small - because even a small conversation or action can make a massive difference. After a difficult year, it's more important than ever that we talk about mental health.

Talking tips

Initiating a conversation about mental health can make a huge difference but it's not always easy and you may feel a little awkward. Time to Change Wales provides some useful hints for having these chats:

- Ask questions and listen - try to keep questions open and non-judgemental.
- Think about time and place - sometimes it feels more natural not to talk face to face. Try chatting whilst doing another activity such as going on a walk, tidying up or in the car.
- Don't try and fix it - it can be hard not to offer solutions but this might not be appropriate - simply listening to someone can make a huge difference.
- Treat them the same - if someone shares their mental health problems with you, don't treat them differently, offer support and keep it simple.
- Be patient - some people might not be ready to talk straight away, but you can support them in other ways such as keeping in touch to let them know you care, doing activities together and offering support with practical, day-to-day tasks.

'Positive Steps' Wellbeing workshops

Virtual mental health drop-in



10am - 11am, 4 February

Introduction to Compassion and Self-Care



9.30am - 11.30am, 9 February

Wellbeing Champion training



1pm - 3.30pm, 19 February

Further support

If you are struggling, you can find support here:

Contact the Employee Wellbeing Service on 02920 744465 or email employee.wellbeing@wales.nhs.uk. The team is now offering video consultations through Attend Anywhere, in addition to telephone appointments.

- Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123
- C.A.L.L is a mental health helpline, offering a confidential listening service. The service is open 24 hours a day, 365 days year. You can call 0800 132 737 or text help to 81066.
- [Health for Health Professionals Wales](#) are providing free mental health support to all Health Professionals and Healthcare Students working in NHS Wales

If you are in crisis and do not feel you can keep yourself safe, contact your GP or the emergency services on 999 or 111.



EMPLOYEE HEALTH & WELLBEING SERVICE
Occupational Health
Occupational Physiotherapy
Employee Wellbeing



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