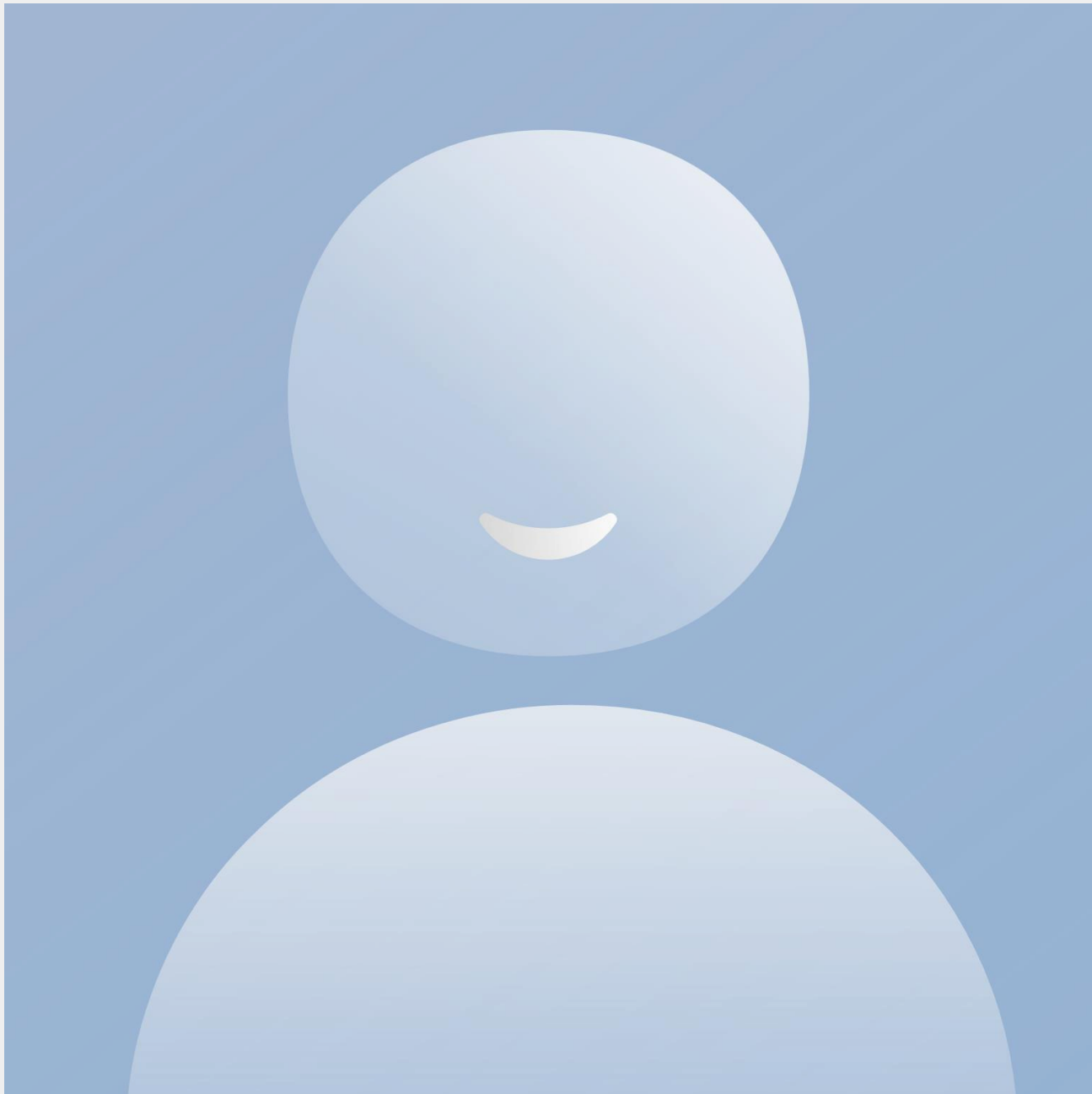


Time To Talk Day

Encouraging Dialogue



HOW MANY OF YOU...



**HOW MANY OF YOU VALUE THE IMPORTANCE
OF GOOD MENTAL HEALTH?**

**HOW MANY OF YOU WOULD LIKE TO LEARN
SOME EFFECTIVE STRATEGIES TO
ENCOURAGE OTHERS TO TALK ABOUT THEIR
MENTAL HEALTH?**

**HOW MANY OF YOU DON'T VALUE GOOD
MENTAL HEALTH AND AREN'T INTERESTED IN
LEARNING EFFECTIVE STRATEGIES?**

THIS SESSION IS BEING RECORDED...

**RECORDING IN
PROGRESS**

THIS SESSION IS BEING RECORDED AND WILL BE
AVAILABLE AFTER THE EVENT AT
www.stress.org.uk/public

ABOUT US

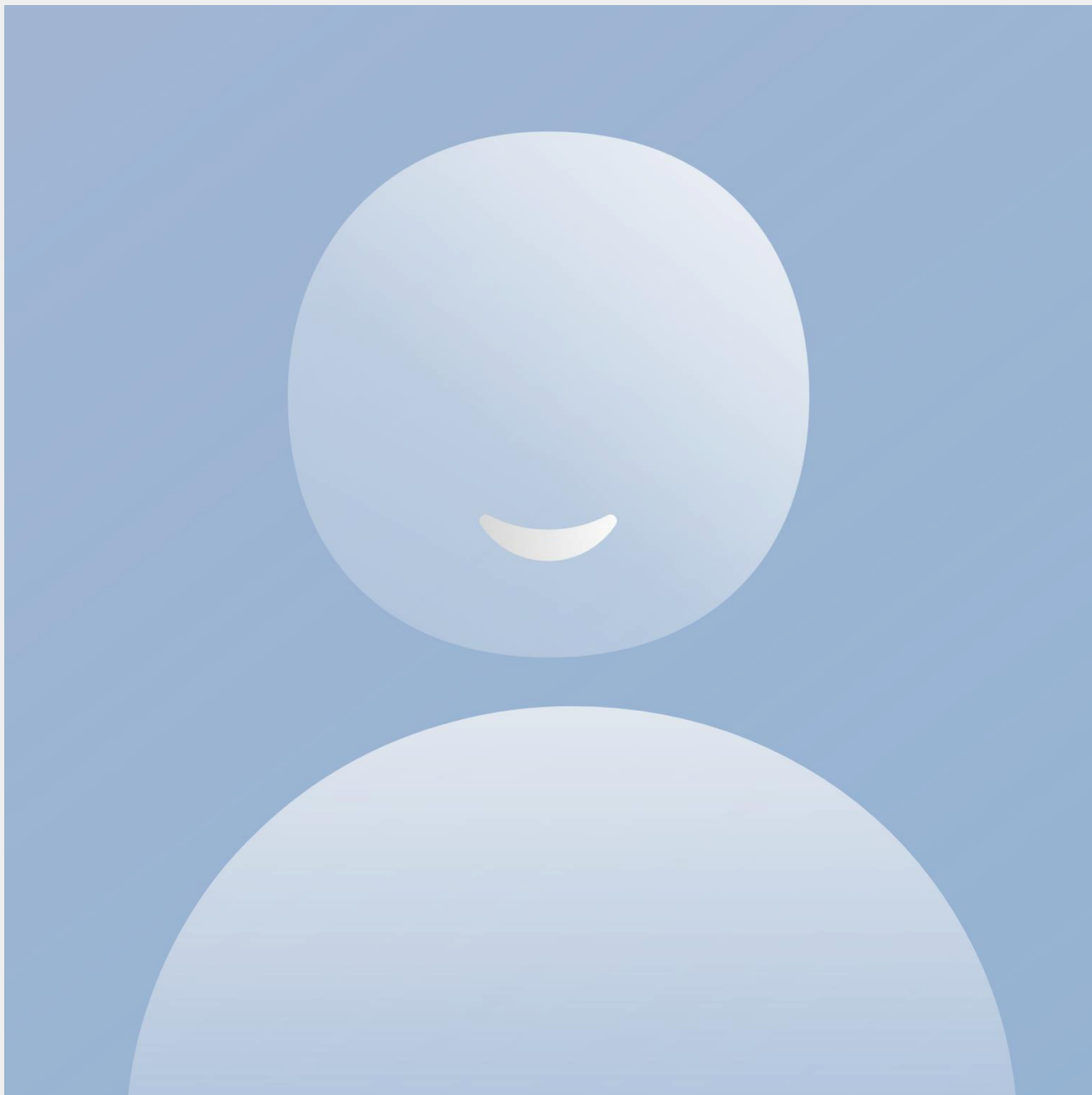


The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. We are a small organisation in West London who have been dedicated to leading effective universal change with our passionate approach to recognising and reducing stress and promoting wellbeing since 2003.

International Wellbeing Insights is the research and consultancy arm of The Stress Management Society.

Our vision is to create a **happier, healthier** and more **resilient** world.

DONATE TO STRESS MANAGEMENT SOCIETY



We absolutely love providing these webinars and resources to you and your support means the world to us!

HOW TO USE THE WORKSHOP



Cameras on please – this is not a lecture; this is an **interactive workshop**. The content has been written to move on when you participate.



Questions will be asked throughout the session, **please get involved** on the microphone and the chat section. This is not the facilitator's session, it's everyone's session! Put your hand up or make a request to share on the mic using the chat.



There will be opportunities to participate – so... we need to hear from you!



Please **feel free to ask questions, share experiences, disagree, seek clarification, tell me to slow down** - whatever you need at any time.

GROUND RULES: CREATING A TRUSTED SPACE

BE ON TIME

**BE HERE NOW:
NOT BE HERE
SOMETIMES**

**HONESTY &
RESPECT**

**LIMIT DISTRACTIONS:
TECH OFF OR ON SILENT**

**KEEP AN OPEN
MIND**

SAFEGUARDING

**PARTICIPATION:
WHAT YOU PUT IN IS
WHAT YOU GET OUT**

**USING 'I...'
STATEMENTS**

CONFIDENTIALITY

Please feel free to add more in the chat section...



FURTHER RESOURCES TO SUPPORT THIS SESSION



 <https://www.stress.org.uk/ttd/>

REFLECT...

**HOW MANY OF YOU HAVE
HEARD OF ‘*TIME TO TALK DAY*’
AND WHAT DOES IT MEAN TO
YOU?**

**time to change
time to
talk day**

ANSWER IN THE CHAT SECTION OR ON THE MIC

REFLECT...

**HOW WOULD YOU DEFINE
MENTAL HEALTH?**

**WHAT WORDS COME TO
MIND?**



ANSWER IN THE CHAT SECTION OR ON THE MIC

LET'S DEFINE MENTAL HEALTH

HOW MANY OF YOU CAN GIVE
ME A DEFINITION OF MENTAL
HEALTH?

THINK
FEEL
BEHAVE

HOW CAN WE ENCOURAGE OTHERS TO TALK



**WHAT ACTION CAN WE TAKE
TO ENCOURAGE PEOPLE TO
TALK ABOUT THEIR MENTAL
HEALTH?**

ANSWER IN THE CHAT SECTION OR ON THE MIC

3 STEPS TO BETTER DIALOGUE- A.C.T

A

AUTHENTICITY

C

CONNECTION

T

TOPIC

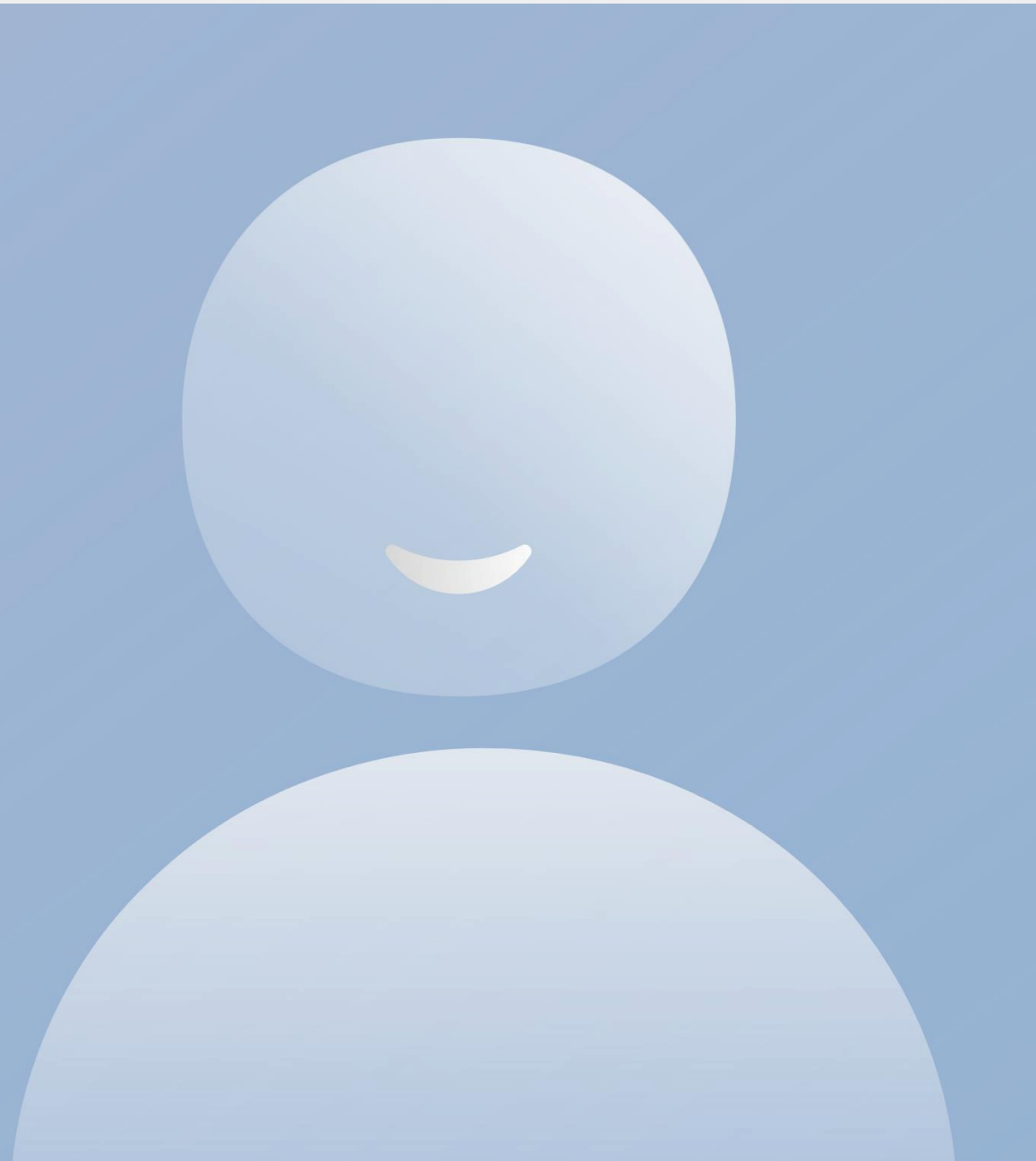
3 STEPS TO BETTER DIALOGUE

STEP 1:

AUTHENTICITY



3 STEPS TO BETTER DIALOGUE



STEP 2:

CONNECTION



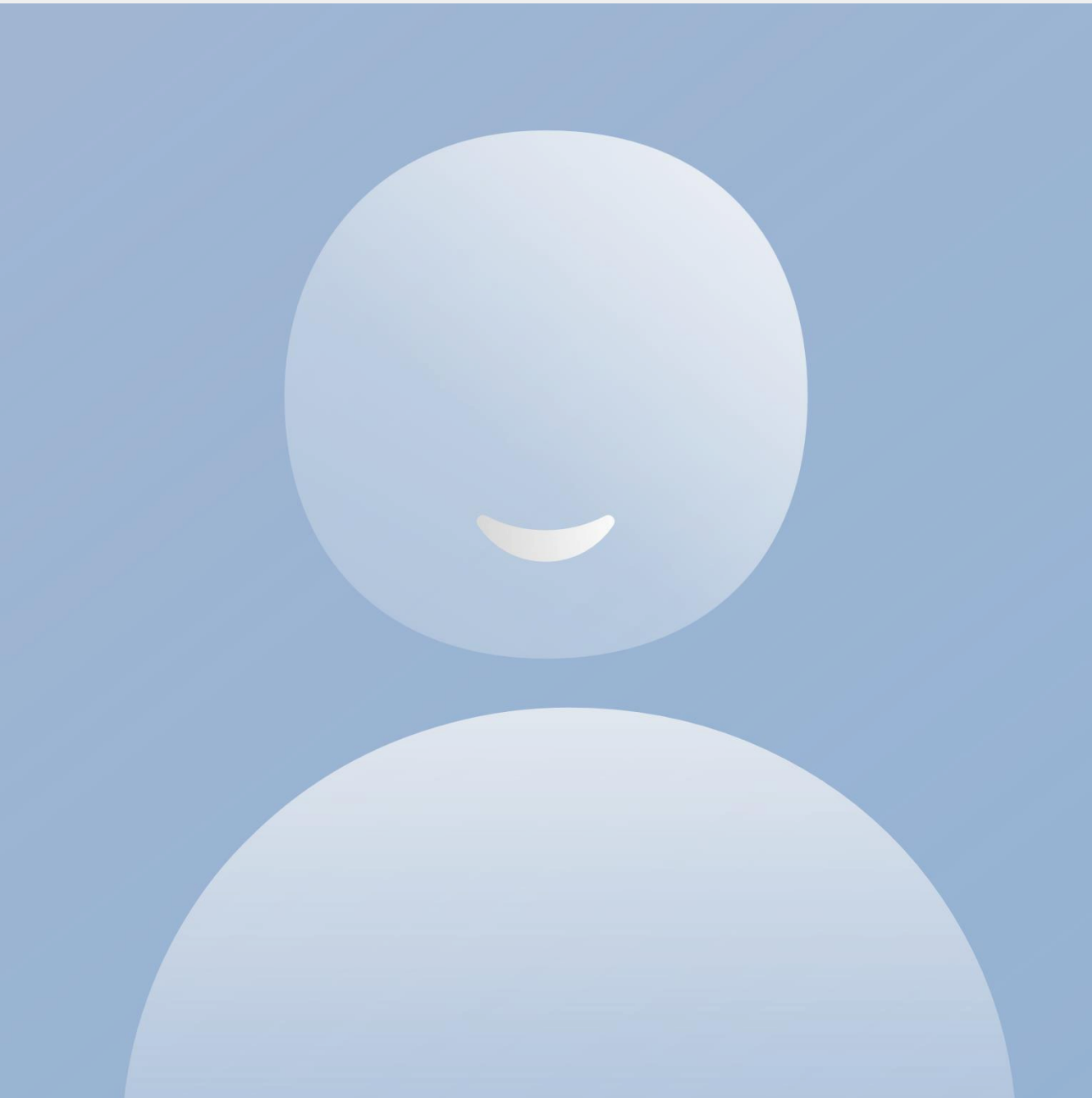
3 STEPS TO BETTER DIALOGUE

STEP 3:

TOPIC



COMMUNICATING WITH INTENTION



W

WHY

A

AM

I

!

T

TALKING



TAKING ACTION

HOW WILL YOU...

USE ACT TO CREATE A SAFE SPACE FOR PEOPLE?

SHOW SUPPORT AND UNDERSTANDING IN CONVERSATIONS
ABOUT MENTAL HEALTH USING *WAIT*?

BUILD CONFIDENCE IN YOUR ABILITY TO SUPPORT OTHERS
THROUGH LISTENING?

ENCOURAGE MEANINGFUL DISCUSSIONS FOR POSITIVE
CHANGE?

CHECK OUT OUR FREE RESOURCES

HAVE A LOOK ON OUR
WEBSITE FOR A RANGE OF
FREE RESOURCES!



www.stress.org.uk

JOIN OUR NEW PEOPLE, CULTURE AND WELLBEING FORUM

Are you a HR, Health and Safety Professional or Workplace Wellbeing Specialist?

Join our exclusive *People, Culture and Wellbeing Forum*.

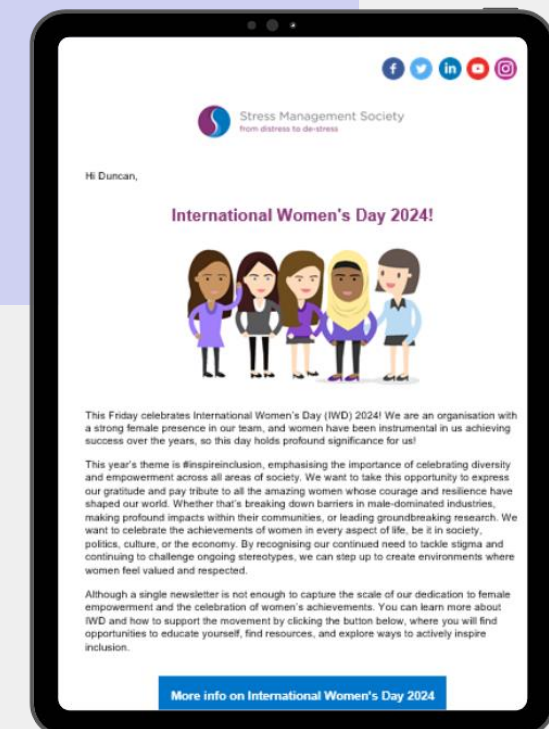
Click the **link in the chat** and be part of our global community dedicated to enhancing the workplace culture around the world.

Sign up now for newsletters, webinars and further insights on workplace wellbeing so we can thrive together!

SIGN UP TO OUR WEEKLY NEWSLETTER

SIGN UP

Stress Buster Newsletter



PUBLIC MENTAL HEALTH CHAMPIONS

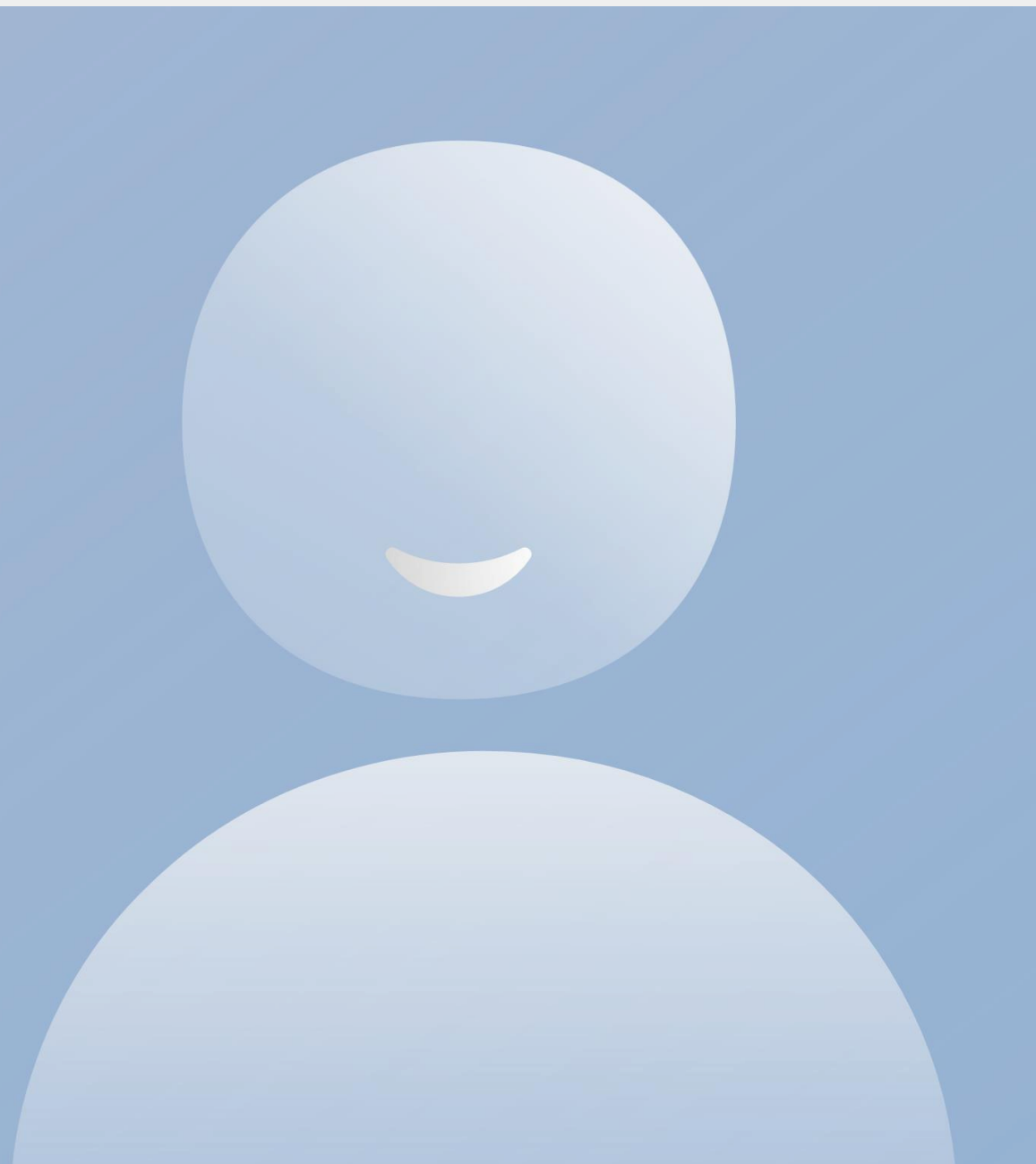
LEARN MORE
ABOUT
SAFEGUARDING,
SIGNPOSTING
AND SUPPORT



PUBLIC MENTAL
HEALTH
CHAMPIONS

SIGN UP TO GET
THE BENEFITS!

PUBLIC MENTAL HEALTH CHAMPIONS



**USE THE
LINK AND
GET A
£200 DISCOUNT**

**SIGN UP TO GET THE
BENEFITS!**

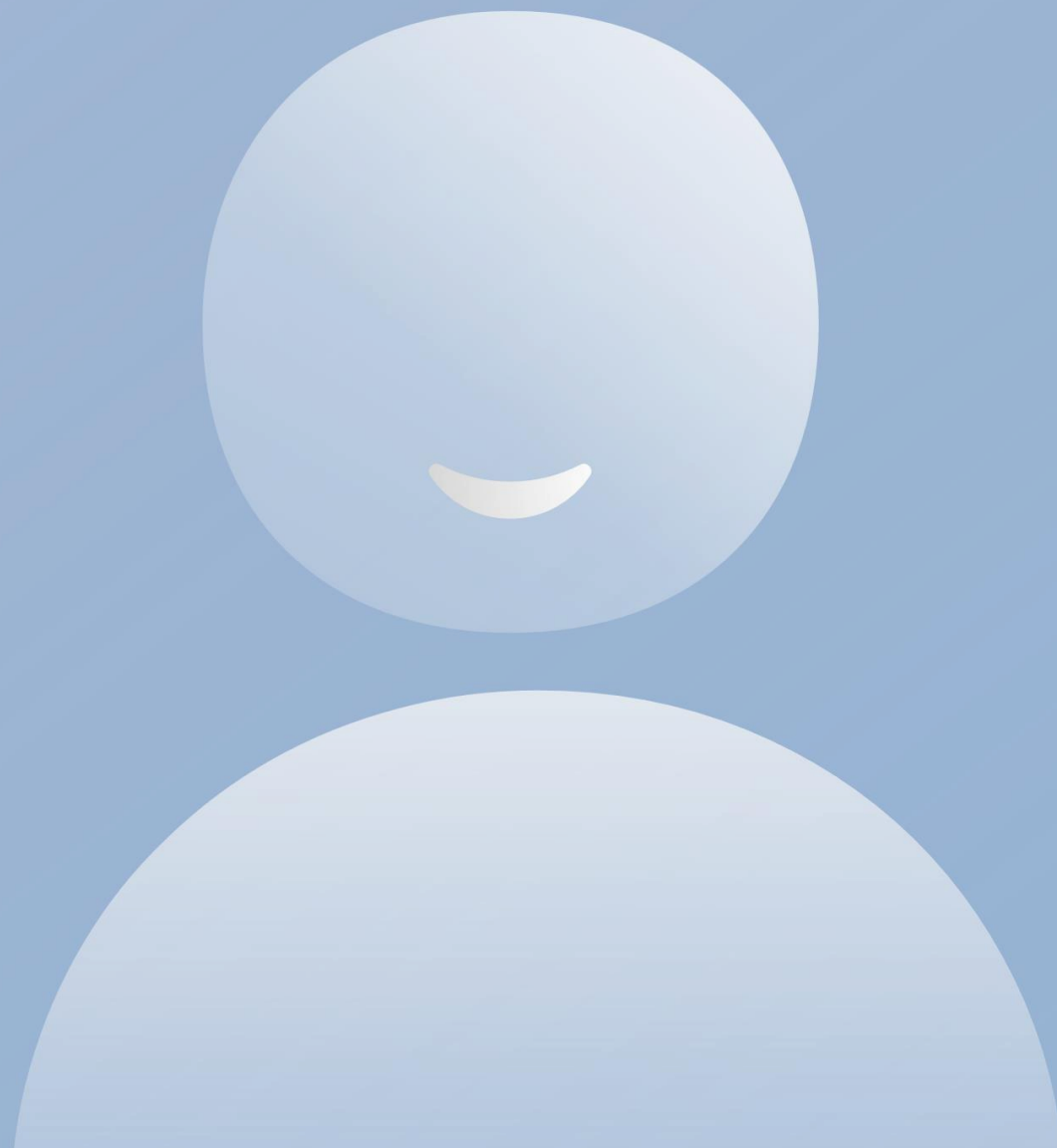
NEW PRODUCT- WELLBEING PROTECT

**WELLBEING
PROTECT**

**SIGN UP TO THE BE THE
FIRST TO GET THE
BENEFITS!**

[Our Courses \(wellbeingprotect.com\)](https://wellbeingprotect.com)

NEW PRODUCT- WELLBEING PROTECT



Use Code:

WELL50

For 50% off the entire
package for one
month

WAS THIS SESSION BENEFICIAL?

IF THIS SESSION WAS
BENEFICIAL PLEASE
LEAVE US A GOOGLE
REVIEW



NEW EMPLOYEE ASSISTANCE PROGRAMME SUPPORT



EMAIL
INFO@STRESS.ORG.UK
TO REQUEST OUR
FREE EAP
PURPLE PAPER

CONTACT US FOR A
FREE EAP REVIEW
DISCUSSION

NEED TO TALK? SUPPORT RESOURCES

SAMARITANS

CALL: 116

This is a **free listening service for whatever you are going through**. No matter what, someone will be there to help talk through any distress you feel you want something to talk through with you

THE SILVER LINE

0800 470 80 90

This **free helpline for older people** across the UK is open every day and night. Staff offer information, friendship and advice as well as linking callers to local groups and services.

MIND

www.mind.org.uk

Call: 03001233393 (09.00-18.00)

Text: 86463

Mind provide **advice and support** to empower anyone who might be experiencing **mental health problems**. They have a range of services including supported housing, crisis helplines, drop-in centre, counselling and befriending

C.A.L.M. (CAMPAIGN AGAINST LIVING MISERABLY)

www.thecalmzone.net/help/get-help/

CALL: 0800 58 58 58 (5PM – MIDNIGHT, DAILY)

This campaign aims to help anyone who may have hit a wall for any reason at all and want to talk to someone or find information and support

MONTHLY FREE WEBINAR

 Stress Management Society
from distress to de-stress

LEADING WITH LOVE

FREE WEBINAR

- ▶ Introduction to the 2025 Stress Awareness Month campaign
- ▶ Gain practical tools to navigate difficult conversations
- ▶ Learn about the idea of unconditional positive regard

 **13:00 - 14:00**  **20TH MARCH 2025**



NEIL SHAH
Chief De-stressing Officer

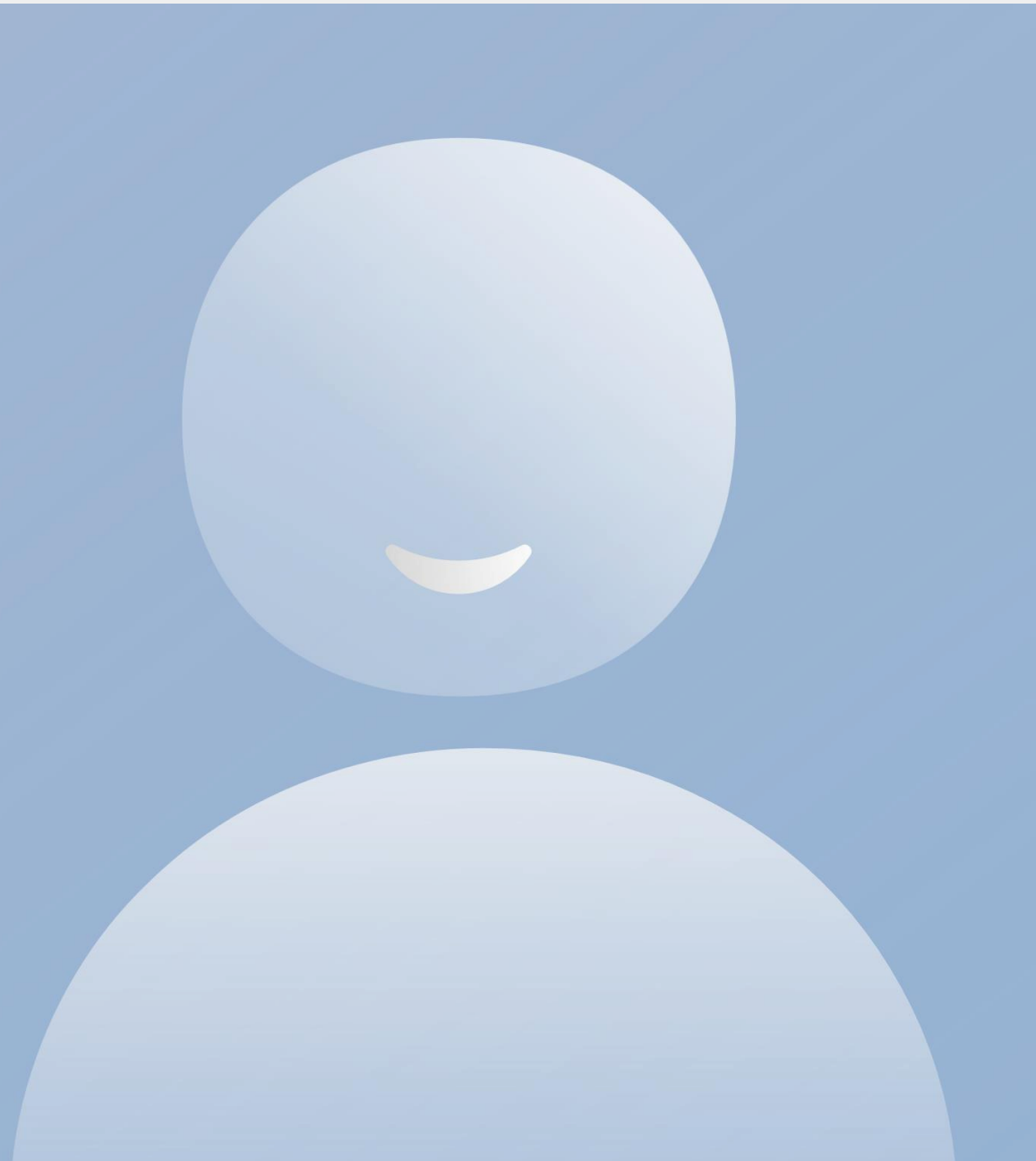
 REGISTER NOW



VISIT: www.stress.org.uk

Join us to be the first to hear about the 2025 Stress Awareness Month campaign on
20th March 2025
13:00-14:00

WHAT DO YOU NEED TO ASK BEFORE WE END THE SESSION?



Answer in the chat section...

THANK YOU!

We look forward to supporting your wellbeing



info@stress.org.uk



+44(0) 203 142 8650



www.stress.org.uk



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