



**A SMALL CONVERSATION ABOUT  
MENTAL HEALTH HAS THE POWER TO  
MAKE A BIG DIFFERENCE**

**LET'S START TALKING**  
TOGETHER WE WILL END MENTAL HEALTH STIGMA

**INFORMATION BOOKLET**

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**THE OD AND EMPLOYEE WELL-BEING  
DIVISION IS PROUD TO BE A PART OF THE  
TIME TO TALK DAY, A CAMPAIGN  
DEVELOPED BY SEE ME.**

[www.seemescotland.org](http://www.seemescotland.org)



**TIME TO TALK DAY**

**04/02/2021**



**PARTICIPATE TO WIN PRIZES!!**

**WHAT CAN YOU EXPECT:**

**ACTIVITIES, GAMES, INFORMATION, COMPETITIONS, VIDEO**

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THE  
POWER OF  
SMALL

WE ALL HAVE MENTAL HEALTH AND ANY OF US COULD  
STRUGGLE WITH IT, WHICH IS WHY TALKING ABOUT MENTAL  
HEALTH IS SO IMPORTANT

# WHAT IS TIME TO TALK ALL ABOUT?

The more conversations we have, the more myths we can bust and barriers we can break down, and the closer we will come to ending mental health stigma and discrimination.

This year's focus is on the power of small because however you have a conversation about mental health, it has the power to make a big difference.

EVERY CONVERSATION BRINGS US A STEP CLOSER TO  
ENDING THE ISOLATION, SHAME AND  
WORTHLESSNESS THAT TOO MANY OF US FEEL WHEN  
EXPERIENCING A MENTAL HEALTH PROBLEM.

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ORGANISATIONAL DEVELOPMENT  
AND EMPLOYEE WELLNESS



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DOWNLOAD AN INFORMATION VIDEO BY  
FOLLOWING THIS LINK:

<https://we.tl/t-ebWoiL2csT>

# LET'S TALK ABOUT MENTAL HEALTH

## OUTCOMES:

- RECOGNISING THE WARNING SIGNS
- THE STIGMA AROUND SEEING A PSYCHOLOGIST
- WHAT TO EXPECT FROM COUNSELLING SESSIONS

**DATE:** 04 FEBRUARY 2021

**TIME:** YOUR AVAILABILITY - DOWNLOAD THE LINK

**VENUE:** IN THE COMFORT OF YOUR OWN HOME

**INFORMATION PROVIDED BY:** NICO VENTER & OBAKENG MAKGALE  
(REGISTERED COUNSELLING PSYCHOLOGISTS AT THE UFS)



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TIME TO TALK COMPETITIONS

WIN FUN PRIZES IF  
YOU PARTICIPATE IN  
THE FOLLOWING:

- TIME TO TALK BINGO. FOLLOW THE FOLLOWING LINK:  
[HTTPS://WWW.SEEMESCOTLAND.ORG/MEDIA/10134/TTTD2021\\_SEE-ME-BINGO-GENERAL.PDF](https://www.seemescotland.org/media/10134/TTTD2021_SEE-ME-BINGO-GENERAL.PDF)
- MENTAL HEALTH QUIZ. SEE QUIZ ATTACHED IN THE EMAIL.

SEND A SCREENSHOT, COMPLETED DOCUMENT OR PROOF OF  
COMPLETION TO WIN PRIZES:

CARMINE NIEMAN  
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OTHER ACTIVITIES

# HERE ARE SOME FUN ACTIVITIES TO PARTICIPATE IN:

- WALK A MILE: ARRANGE A SOCIALLY DISTANCED WALK FOR SMALL GROUPS OF PEOPLE IN YOUR COMMUNITY OR DURING A WORK LUNCH BREAK.
- ONLINE MOVIE NIGHT: CHOOSE A MOVIE THAT YOU THINK PORTRAYS MENTAL HEALTH PROBLEMS WELL AND DOWNLOAD AN APP THAT LETS YOU CHAT WITH COLLEAGUES WHILE WATCHING.

SEND A PHOTO OR PROOF OF PARTICIPATION IN ACTIVITIES TO WIN  
PRIZES:

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THE  
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SMALL



ASK QUESTIONS  
AND LISTEN  
SHOW YOU WANT  
TO KNOW HOW  
SOMEONE IS  
REALLY DOING



DON'T TRY AND  
FIX IT  
OFTEN JUST  
LISTENING IS  
ENOUGH



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YOU DON'T HAVE  
TO BE AN  
EXPERT  
JUST BEING  
THERE MEANS A  
LOT



KEEP IT SIMPLE  
CHAT OVER A  
CUP, SEND A  
TEXT OR GO FOR  
A WALK