



It's time to talk about mental health

It's good to talk - right? It helps us to connect, to share feelings and above all to understand each other. And yet there are some things that we still struggle to talk about – even things that profoundly affect our health and wellbeing and run through the fabric of society.

Mental health and wellbeing has, throughout medical history, been the embarrassing little brother to physical medicine – the awkward subject that we don't really know how to talk about comfortably.

One in four people experience a mental health problem of some kind each year in England - and let's be honest, 2020 has done little to alleviate that situation.

Mental health issues include conditions like obsessive-compulsive disorder, bipolar, eating disorders, panic disorder and post-traumatic stress disorder - as well as, more commonly, anxiety and depression which are experienced by one in six of us **every week**.

Time to open up...

If ever there were a time to start talking to each other about mental health, it's surely now.

According to the World Health Organisation, *"...the COVID-19 pandemic is increasing demand for mental health services. Bereavement, isolation, loss of income and fear are triggering mental health conditions or exacerbating existing ones."*

And on top of this, COVID-19 has interrupted essential mental health services around the world - just when they're needed most.

Time to talk!

Time to Talk is an annual national awareness day to raise the profile and acceptance of the mental health conditions that affect so many of us.

Time to Talk Day is on 4 February and there are so many ways you can get involved. This year's theme is The Power of Small - to emphasise how just tiny actions and conversations can really help those living with mental health issues.

How to make a difference

- Start a conversation with someone about mental health – [**start talking!**](#)
- Talk online about your experiences with mental health issues – [**start sharing!**](#)
- Support someone with mental health challenges – [**start helping!**](#)
- Stand up to stigmatising media coverage – [**start challenging!**](#)
- Become a Time to Talk Champion – [**start inspiring!**](#)
- Get involved with local campaigns and activities – [**start searching!**](#)

You can also sign up to regular email updates if you want to keep up to speed with all the amazing work that Time to Talk does throughout the year – [**sign up here**](#)

Reaching out for support

Living with mental health issues can feel isolating, frightening and lonely – but you don't need to suffer in silence because there's a world of support out there just waiting to hear from you - [**reach out here.**](#)