

IT'S TIME TO TALK DAY

February 6th 2025

WHAT IS IT?

- Time to Talk Day is the nation's biggest mental health conversation. It's a day for friends, families, communities and workplaces to come together to talk, listen and change lives. Time to Talk Day is taking place 6 February 2025.
- We want everyone to feel comfortable talking about mental health. Knowing someone is listening to you or giving you support can make a big difference.



TIME TO TALK DAY WAS
CREATED IN 2014 AND HAS
HELPED MANY PEOPLE.

Time to Talk Day 2024 revealed that nearly two thirds of the UK public put on a brave face to avoid talking about their mental health. And nearly half of us are less likely to open up as we don't want to worry others in already difficult times.

But talking openly and honestly can be the first step towards better mental health for everyone. It can reduce stigma and help people feel comfortable enough to seek help when they need it.

That's why this Time To Talk Day, we want everyone to get comfortable and start talking about mental health.

WHY IS TALKING
SO IMPORTANT?

EDGE HILL SCHOOL COUNCIL

- We have decided to encourage the children at Edge Hill to talk and our focus is 'Friendship'
- On Thursday 6th February, the Year 3 and 4 children are invited to come along to Aspen class during lunchtime if they want to chat to someone.
- On Friday 7th February 2025, the Year 5 and 6 children are invited to come along to Aspen class during lunchtime if they want to chat to someone.

FRIENDSHIP

- Friendships can be complicated but we will be here to listen and offer advice if you need it.

