

#TimetoTalkDay www.startaconversation.co.uk and/or timetotalkday.co.uk

Assets: timetotalkday.co.uk/download-a-pack/#74-59-digital-social-media

Time to Talk Day 2024 will take place 1 February 2024. It's run by Mind and Rethink Mental Illness and is being delivered in partnership with Co-op for the third year running. Time to Talk Day is the perfect opportunity to start a conversation about mental health.

Social media posts examples:

Message	Channel
Today marks Time to Talk Day 2024!	Facebook
	LinkedIn
We are encouraging everyone to make time to talk about their mental health today.	Nextdoor
Whether it's over a cuppa or over text, speaking about how you're feeling can really help	
Reach out to someone and make time to talk 💝	
For support and advice visit: www.startaconversation.co.uk	
Today marks #TimetoTalk Day 2024!	Χ
We are encouraging everyone to make #TimetoTalk about their mental health today <	
The are enlessing everyene to make "Timete raik about their mental health today"	
Whether it's over a cuppa or over text, speaking about how you're feeling can really help.	
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For support and advice visit: www.startaconversation.co.uk	
Here at [insert your organisation] we're all about starting conversations about mental health and	Facebook
normalising talking about how we're feeling.	LinkedIn
Hormansing taiking about now we're reciling.	Nextdoor
Starting a conversation with someone may be your first step in getting the support you need	Nonacci
Advice and support is out there – visit our Start a Conversation website today and find out how	
you can get the right support for you.	
you can get the right support for you.	
www.startaconversation.co.uk	
When's the last time you answered 'I'm fine' or' yeah, not too bad' when someone asks if you're	Facebook
ok?	LinkedIn
OK!	Nextdoor
Talking about mental health can be the first step to get the right support. It can also lighten the	Nexidooi
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Advice and support is out there – visit our Start a Conversation website today and find out how	
you can get the right support for you.	
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Www.startaconversation.co.uk	V
Help us to make conversations about mental health normal so that everyone has the right to talk	X
and get the help they need.	
Take Core to talk about secretal beauth to day.	
Take time to talk about mental health today	
www.startaconversation.co.uk	