

Time to Talk Day 2024 – 1st February

#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
<p>Today marks Time to Talk Day 2024!</p> <p>We are encouraging everyone to make time to talk about their mental health today.</p> <p>Whether it's over a cuppa or over text, speaking about how you're feeling can really help ☕</p> <p>Reach out to someone and make time to talk 💛</p> <p>For support and advice visit: www.startaconversation.co.uk</p>	Facebook LinkedIn Nextdoor
<p>Today marks #TimetoTalk Day 2024!</p> <p>We are encouraging everyone to make #TimetoTalk about their mental health today 🧠</p> <p>Whether it's over a cuppa or over text, speaking about how you're feeling can really help.</p> <p>For support and advice visit: www.startaconversation.co.uk</p>	X
<p>Here at [insert your organisation] we're all about starting conversations about mental health and normalising talking about how we're feeling.</p> <p>Starting a conversation with someone may be your first step in getting the support you need 💛</p> <p>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.</p> <p>www.startaconversation.co.uk</p>	Facebook LinkedIn Nextdoor
<p>When's the last time you answered 'I'm fine' or 'yeah, not too bad' when someone asks if you're ok?</p> <p>Talking about mental health can be the first step to get the right support. It can also lighten the load 🧠</p> <p>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.</p> <p>www.startaconversation.co.uk</p>	Facebook LinkedIn Nextdoor
<p>Help us to make conversations about mental health normal so that everyone has the right to talk and get the help they need.</p> <p>Take time to talk about mental health today 🧠</p> <p>www.startaconversation.co.uk</p>	X