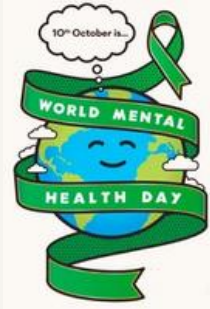


# LET'S MAKE TIME TO TALK

It's Mental Health Awareness Day on the 10th of October 2023.

Talking about how we are feeling is important for our emotional wellbeing. Here are some tips to get you started...



## Talking about how you are feeling...

### 1. Choose Someone You Trust

Choose someone who you trust and is safe to talk to. This might be someone you feel comfortable talking to such as a close friend, family member, trusted adult or a member of school staff.

### 2. Find a Safe Space

Find a safe space to talk. Somewhere that you feel comfortable to open up, somewhere private where you won't be overheard. For example, a private and quiet area in the school yard, whilst doing an activity or during a car journey.

### 3. Give it Time

Remember, it's ok if the person you talk to doesn't understand what you're going through straightaway. Sometimes people need time to think about what they have been told.



## Listening to someone about how they are feeling...

### 1. Show That You're Listening

It can be hard to just listen, but that's exactly what your friend needs. Listen to what they have to say carefully. Show them that you are listening by giving them eye contact, don't talk over them. Face your body towards them and show a kind facial expression.

### 2. Listen and Encourage

Give them space to talk without interrupting. This can help them make sense of it. Let them know you've heard how they're feeling or thinking by simply stating what you think you've heard. Let them know that their feelings are ok.

### 3. Get Help if Needed

Remember, it's not all on you. If you're worried about what you've been told then tell a trusted adult. For example, a teacher, a family member or a member of school staff. If you're worried about your friend's safety, you do need to let an adult know.

