

Letter to branches

🐦 @DaveWardGS 🐦 @CWUNews 📺 The Communications Union #TheCWU

LTB 083/19 - 'Time to Talk Day' - 7 February 2019 & the 'Ask Twice' Campaign: Asking Everyone To Have a Conversation About Mental Health

No. 083/2019

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Our Ref: P26/19

To: All Branches

Dear Colleagues,

['Time to Talk Day'](#) – 7 February 2019 & the 'Ask Twice' Campaign: Asking Everyone To Have a Conversation About Mental Health:

'Time to Change' is a growing social movement working to change the way people think and act about mental health problems. It has already reached millions of people and has begun to improve attitudes and behaviour.

Despite the progress made, we know that many people still don't consider mental health relevant to them. They don't believe mental health problems are likely to affect them or people they know.

But the reality is that mental health can affect anyone. Statistically, 1 in 4 of us

will fight a mental health problem in any given year. That's why 'Time to Change' is so important. No-one should have to fear being treated differently because of a mental health problem.

Mental health problems affect one in four of us, yet people are still afraid to talk about it. 'Time to Talk Day' encourages everyone to talk about mental health.

It can be really hard to open up about mental health at work: 95 per cent of people calling in sick with stress give a different reason.

[Time to Talk Day](#) (7 February 2019): asking everyone to have a conversation about mental health.

Having conversations about mental health helps break down stereotypes, improve relationships, aid recovery and take the stigma out of something that affects us all. There are lots of different ways to have a conversation about mental health and you don't have to be an expert to talk.

It's hard enough to experience mental health problems, without having to face the judgement, shame and isolation that often surround them. That's why we in CWU support the 'Time To Change' campaign to end mental health stigma and discrimination.

Royal Mail Group with the CWU and the CMA, jointly signed the "Time To Change" pledge to reduce the stigma of mental health in the workplace and to work to improve and support the wellbeing of all employees.

However you do it, make sure you have a conversation about mental health this 'Time to Talk Day' and going forward we want people to 'Ask Twice' if they suspect a workmate, friend, family member, or colleague might be struggling with their mental health. The simple act of asking again, with interest, can help someone to open up for the first time.

'Ask Twice Campaign'

We want people to 'Ask Twice' if they suspect a friend, family member, or work colleague might be struggling with their mental health. The simple act of asking again, with interest, can help someone to open up for the first time. Support the Ask Twice Campaign – Spread the message and get as many people as possible asking

twice.

Attachments:

- Guide To Asking Twice (From 'Time To Change' – 'Ask Twice Campaign')
- Signposts To Support
- 'I'm Fine' Poster

Further Information:

'Time To Change' – 'Ask Twice' Website: <https://www.time-to-change.org.uk/asktwice>

Helplines:

- Samaritans 116 123 (24 Hours)
- Rethink Mental Illness 0300 5000 927 (9.30am – 4pm Mon-Fri)
- MIND Infoline 0300 123 8893 (9am – 5pm Mon-Fri)
- SANELINE 0845 767 8000 (6pm-11pm)

Yours sincerely

Dave Joyce

National Health, Safety & Environment Officer

[19LTB083 Time to Talk Day – 7 February 2019 and the Ask Twice Campaign](#)

[Guide to Asking Twice](#)

[I'm Fine Poster – Ask Twice](#)

[Signpost to Support](#)

[View Online](#)

