

On 4th February 2016 it's  
**Time to Talk Day**



We all have mental health, just like we all have physical health. Mental health issues are common and affect 1 in 4 people every year. It's a normal part of life, so let's get the nation talking.

A simple chat can make a real difference. You don't have to be an expert - a text, a quick walk together, asking 'How are you?' (and genuinely listening to the answer) are all ways to show family, friends, neighbours and colleagues that you care. Listening is just as important as talking, and it can take practice.

By talking and listening to someone you can give them reassurance. Non-judgemental listening and giving reassurance are just two of the skills taught on a Mental Health First Aid course. Find out more at [mhfaengland.org](http://mhfaengland.org).

Get involved in Time to Talk Day at [time-to-change.org.uk/timetotalkday](http://time-to-change.org.uk/timetotalkday) or join in the conversation on Twitter using [#timetotalk](https://twitter.com/timetotalk). Time to Talk Day is a great starting point for conversations about mental health, but let's make them happen all year round!