



time to  
talk day

05/02/26

Information pack for employers

# What is Time to Talk Day?

**Time to Talk Day is on 5 February 2026.**

Over the last decade, Time to Talk Day has been the nation's biggest mental health conversation.

It's a day for friends, families, communities, schools and workplaces to come together to talk, listen and change lives.

Text a friend, chat over a cuppa, go for a walk with a colleague, share something on social media – there are lots of ways you can start a conversation.

Last year, we inspired over 3 million people in the UK to talk about mental health.

**We need your help to encourage even more conversations this year. Together, let's talk about mental health.**



# Contents

## 1 Activities at work

### Contents:

- Lunch and learn
- Interactive quiz
- Walk and talk
- Pledge board

## 2 Fundraising ideas

### Contents:

- Why fundraise for Mind?
- Organise a fundraiser
- Getting started

## 3 Raise awareness

### Contents:

- Intranet post template
- Staff newsletter and employee blogs
- Suggested social media captions

## 4 Where to find support

### Contents:

- Signposting information
- Other useful contacts

# 1

## Activities at work

# Activity ideas

**There are lots of ways you can get your organisation involved in Time to Talk Day.**

These can range from online events, to hosting in-person activities or posting on your intranet.

We've included ideas throughout this pack which you can use as inspiration. Or get creative and do your own thing – we'd love to hear what you get up to.

Don't forget to share your activities on social media with **#TimeToTalk**.





## Lunch and learn

Run a lunch and learn session to teach your colleagues more about mental health problems and how to support each other.

If anyone in the organisation feels comfortable to share their own experiences, this can be a great way to bring the issue to life.

## Interactive quiz

Talking about our mental health doesn't need to be boring.

Organise a quiz with mental health questions weaved in. Or create a bingo card or true or false activity to start conversations in an innovative way.

## Walk and talk

Side by side conversations can sometimes make talking about our mental health feel a little easier.

You could organise a lunchtime 'walk and talk' to encourage groups of colleagues to get outside and have conversations on Time to Talk Day.

## Pledge board

Set up a board somewhere visible in your workplace so that staff can stick up their pledges to change the way we all think and act about mental health in the workplace.

This can also work virtually – start a thread on an internal communications platform where everyone can post their pledge.



2

Fundraising  
ideas



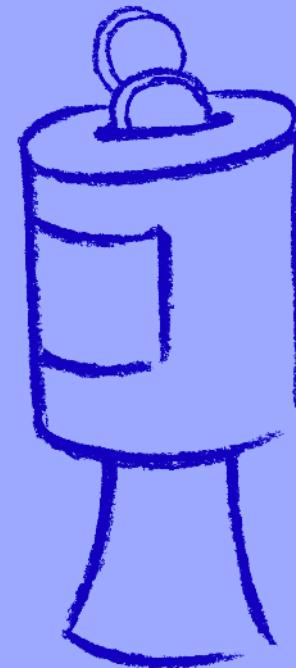
# Why fundraise for Mind?

**There are lots of ways you can fundraise for Mind around Time to Talk Day.**

By organising a Time to Talk Day fundraiser, you're not only helping to combat stigma, but the money you raise will help us be there for more people who need us.

When we connect with others in our community, it can have a powerful impact on our wellbeing.

From hosting a bake sale to organizing a charity quiz night, we've shared some ideas in this pack.



# Organise your own fundraiser

Here are 6 ideas for how you can raise vital funds for Mind.

**Need more inspiration?**  
Check out our [A – Z of Fundraising Ideas](#)

**1**

## **Bake sale**

Dust off your apron, unleash your inner Mary Berry and sell your bakes to raise money for a good cause.

**2**

## **Book swap**

Books are made to be shared. Host an office book swap day with a donation to Mind.

**3**

## **Quiz night**

Discover the office mastermind (and the weakest link) in a donate-to-play quiz.

**4**

## **Craft fundraising**

Get the conversation going over some crafty activities. Suggest a donation to take part.

**5**

## **Fancy dress day**

Make a donation and dig out that costume you've been saving.

**6**

## **Seasonal ideas**

Rain or shine, we've got lots of fundraising ideas all year round. [See them here.](#)

# Getting started

## How we'll support you

Once you've chosen your event, we'll support you every step of the way.

You'll get a pack full of useful information, materials to use on the day, resources to promote the event, and lots more!

**Visit our fundraising pages to register for your fundraising pack.**



# 3

## Raise awareness

# Intranet post template

Introduce Time to Talk Day on your organisation's intranet or send a staff email and encourage employees to get involved.

If you're planning an event or activity, you could use this as an opportunity to promote it too.

## **Have a conversation about mental health this Time to Talk Day**

To all staff,

Time to Talk Day is Thursday 5 February 2026 and we're encouraging everyone to have conversations about mental health.

We all have mental health. But too often, mental health problems are treated as a taboo subject – something not to be talked about, especially at work. Talking openly and honestly can be the first step towards better mental health for everyone.

Why not text a friend, chat to a colleague over a cuppa, go for a walk with a loved one, or share something on social media? There's no right or wrong way to check in with someone on Time to Talk Day.

As part of our ongoing commitment to this, we are supporting Time to Talk Day.  
*[Include details here of what your organisation is doing for Time to Talk Day].*

We want everyone to feel comfortable talking about mental health and ask for support if they need it.

*[You could insert details of your organisation's support offer such as Employee Assistance Line or HR policies here, or include the signposting information in this pack]*

# Staff newsletter and employee blogs

Articles and blogs are a great way to open up the conversation about mental health and share first-hand experiences from your employees.

## **Put personal experience first**

Stories about mental health are more compelling if they are told by an individual with lived experience. Give your colleagues the opportunity to tell their story in their own words.

Remember to encourage them to share only what they feel comfortable to and at their own pace.

## **The organisation's perspective**

Include a quote or paragraph from someone senior in your organisation about why they're supporting Time to Talk Day and why challenging stigma is important to the organisation.

## **Signpost to relevant support**

Let your colleagues know what resources are available and what they can do if they're worried about their mental health.

# Suggested captions for social media

Social media is a great tool to help spread the word about an event or activity and get people interested.

If your workplace uses social media, we would love for you to join the conversation and create a buzz in the run up to and on Time to Talk Day.

You don't need to have all the answers to be a good listener. Sometimes a friendly ear and space to share is all someone needs.

Let someone know they're being heard this #TimeToTalk Day.

Even a little gesture can make a big difference. Offering someone a cup of tea and a chat can turn a bad day into a better one.

Check in on a mate this #TimeToTalk Day, 5 Feb.

#TimeToTalk Day is on 5 Feb!

How will you have a conversation about mental health?

Remember to use the hashtag **#TimeToTalk** and tag **@mindcharity** in your post.

# 4

## Where to find support

# Mind are here for you

## Our helplines

**Support line: 0300 102 1234**  
Monday to Friday, 9am-6pm

**Infoline: 0300 123 3393**  
Email: [info@mind.org.uk](mailto:info@mind.org.uk)  
Monday to Friday, 9am-6pm

**Welfare benefits line: 0300 222 5782**  
Monday to Friday, 9am-5pm

**Legal line: 0300 466 6463**  
Email: [legal@mind.org.uk](mailto:legal@mind.org.uk)  
Monday to Friday, 9am-6pm

## Local Minds

**Local Minds** offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.

## Side by Side

**Side by Side** is our supportive online community for anyone experiencing a mental health problem. The Side by Side community is available 24/7.  
[sidebyside.mind.org.uk](http://sidebyside.mind.org.uk)

# Other useful contacts

## Samaritans

Call 116 123

Email [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)

24/7 support

## CALM

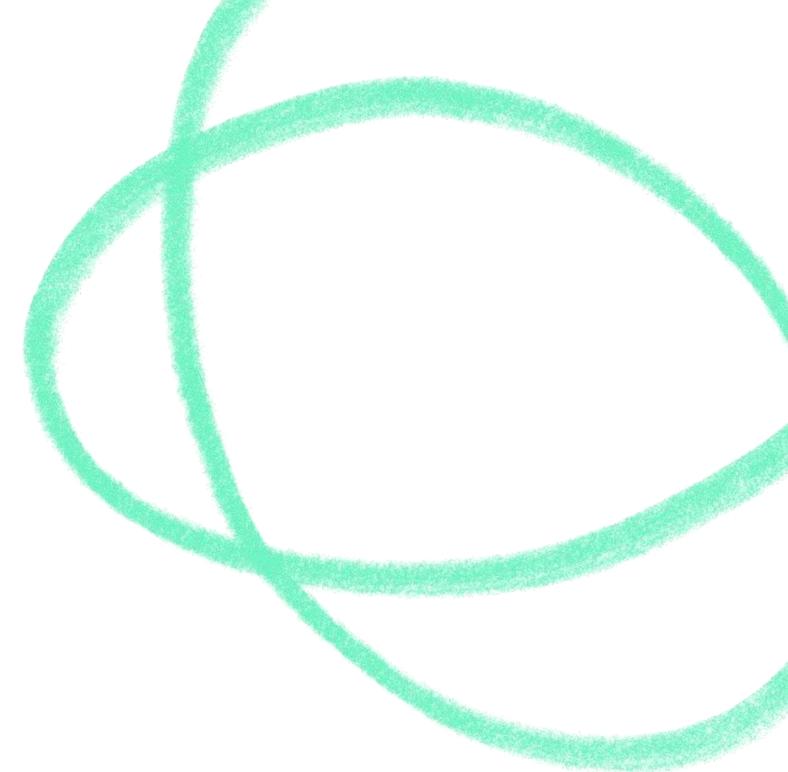
Call 0800 58 58 58

Helpline open 5pm-midnight, 365 days  
a year. Webchat available on website

## SHOUT

Text SHOUT to 85258

24/7 confidential text support



A full list of useful contacts can  
be found on [Mind's website](#).

# From all of us here at Mind, thank you!

For your continued support, fundraising and dedication to mental health. We won't give up until everyone experiencing a mental health problem gets the support and respect, they deserve.

You're helping make sure that happens.