



Time to Talk, Thursday 4th February 20201: Briefing

Time to talk day is a yearly event that aims to get people across the country to talk about their mental health. This year will certainly be different from others but now more than ever it is vital that we are all talking about how we are feeling and reducing stigma around mental health.

This year's theme "is the power of small"

This year's focus is on the power of small, because however you have a conversation about mental health, it has the power to make a big difference. The more conversations we have, the more myths we can bust and barriers we can break down, helping to end isolation, shame and worthlessness that too many of us with mental health problems face. That could be a quick message to a colleague, or a virtual coffee morning or even a socially distanced walk with a colleague.

Health & Social Care Moray Workforce focus:

To mark this year; we are looking to promote the day and the power of small conversations across the health and social care partnership and with our third sector colleagues.

How to get involved:

- 1. Virtual tea break, 11-11.30am 4th February**
- 2. Host your own event**
- 3. Encourage Health & Social Care Moray team members to complete the survey - <https://forms.gle/TyXt5CufZdwpHSLT7>**

The Health and wellbeing group in partnership with our colleagues at Moray Wellbeing Hub, will be hosting a "Time to talk Virtual tea break" on the 4th of February, 11-11.30am. This will be a chance to take part in some activities relating to the day.

We are also encouraging managers and staff to where possible to have with their own virtual teams tea break, so staff can connect with one another for a short while. The ongoing pressures around covid-19 and winter capacity are demanding and time consuming, but we are hoping that management and staff can take a few minutes of their day to show kindness, care and support for one another. And it doesn't need to be heavily focused on mental health, it can be just checking in with someone or having a giggle.

During this time we will also be promoting and sharing a short survey relating to mental health and opportunities for staff to engage in activities. This will support Moray Wellbeing Hub and work going forward to support mental health with the health and social care partnership workforce.

Further information and resources can be found at:

See Me, for downloadable info packs - <https://bit.ly/36CZ12u>

Moray Wellbeing Hub, for survey details and more info - <https://moraywellbeinghub.org.uk/>