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3rd - 7th February

Take time out to be more open
about our mental health and
talk about how we really feel



Useful weblinks if you need support

time to talk week

3rd-7th February



Rethink Mental Illness.

Andy's Man Club



NHS Mental Health Services



CALM



Hub of Hope



CEMEX
Cemex EAP

SANEline



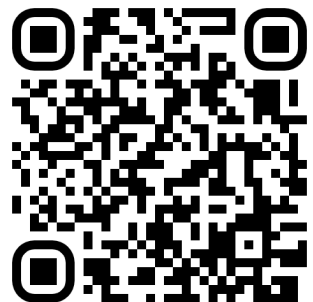
Samaritans



Mind



Sea Farers Welfare



**time to
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Rethink
Mental
Illness.

Care first

If you need support

Cemex offers all employees a free, confidential employee assistance programme (EAP) called Lifestyle Support, operated by Care first.

Lifestyle Support is easy to access, available 24/7 and can provide help and support with a wide range of issues or concerns such as family matters, debt, relationships, bereavement, depression and anxiety.

It is run by a separate provider and not part of Cemex – we don't receive any employee specific information from them.



Call 0808 168 2143



Visit www.lifestyle-support.co.uk

Username: cemex

Password: cemex



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Get comfortable and start
talking about mental health

#TimeToTalk

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Tips for helping someone open up when something's up

time to talk week

3rd-7th February

 mind

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Illness.

1

Ask questions and listen

Asking questions can give the person space to express how they're feeling and what they're going through. Try to ask questions that are open and non-judgmental, like 'what does that feel like?'

2

Use positive body language and encourage them

Small verbal comments like 'I see' or 'what happened next?' will let them know you are paying attention to them and actively listening.

3

Don't try and fix it

Try to resist the urge to offer quick fixes to what someone is going through. Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.

4

Dispel any myths and avoid clichés

Mental health problems are more common than people think and can affect anyone at any time. Comments like 'Pull yourself together' or 'You're just having a bad day' are not helpful.

5

Be patient

No matter how hard you try, some people might not be ready to talk about what they're going through. That's ok – the fact that you've tried to talk to them about it may make it easier for them to open up another time.

Tips for sharing your own feelings



1

Find a way that feels right for you

This could be a face-to-face conversation, or you might find it easier to talk on the phone or even write down how you feel.

2

Find a suitable time and place

Sometimes it's easier to talk side-by-side, rather than face-to-face. You might want to chat while you are doing something else, like walking or cooking, but don't let the search for the perfect place put you off.

3

Practice what you want to say

You could do this in your head or make some notes. Phrases like "I've not been feeling like myself lately" might provide a starting point.

4

Be honest and open

It can sometimes feel uncomfortable sharing something so personal, but explaining how your feelings are affecting your life may help others to understand.

5

Suggest things they could do to help

This might just be listening and offering emotional support or there may be practical help you need.



ANDYSMANCLUB

www.andysmanclub.co.uk

IT'S OKAY TO TALK.

ANDYSMANCLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online.

The aim is to end the stigma surrounding men's mental health and help men through the power of conversation.

ANDYSMANCLUB has over 200 free support groups nationwide, running every Monday from 7PM except bank holidays.

Men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment.



Find out
more

Designed to be free of pressure, there is no obligation for men to speak, they can simply listen if they wish.



Find your
nearest group

**WE BREAK DOWN
THE STIGMA OF MEN'S
MENTAL HEALTH.**

Talking Tips

time to talk day

06/02/25

Rethink Mental Illness



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FIND A WAY THAT FEELS RIGHT FOR YOU

This could be a face-to-face conversation or you might find it easier to talk on the phone or even write down how you feel.



BE HONEST AND OPEN

It can sometimes feel uncomfortable sharing something so personal. Explaining how your feelings are affecting your life may help others to understand.

#TimeToTalk



Get comfortable and start talking about mental health

Not everyone feels comfortable talking about mental health. But talking openly and honestly can be the first step towards better mental health.

There are lots of ways you could start a conversation. You could have a chat alongside an activity, share a cuppa with a loved one or text a mate.

Our talking tips can help you have those all-important conversations. Get comfortable and start talking about mental health.

ASK QUESTIONS AND LISTEN

Try to ask questions that are open and not leading or judgmental like...

“ How does that affect you? ”

“ What does it feel like? ”

DON'T TRY TO FIX IT

Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.



GET INVOLVED TODAY

For more tips and to find out how else you can take part, visit timetotalkday.co.uk

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TRUE OR FALSE

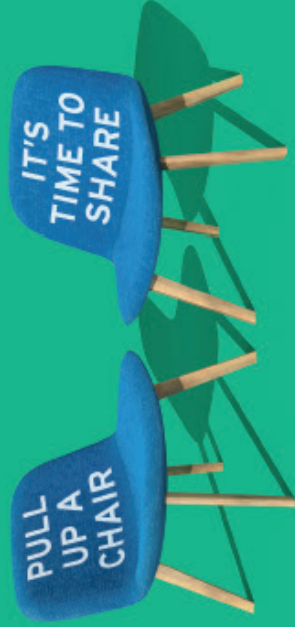
Use these statements to get people thinking and talking about mental health problems.

You could even make it interactive. Write 'True' on a sheet of paper and 'False' on another and put them at different ends of the room. Read each statement out loud and ask people to choose whether to stand on the 'True' sheet or 'False' sheet.

Once everyone has made their choice, you can read the answer and reason. Alternatively, people can raise their hands to indicate their choice.

Get comfortable and start talking about mental health this Time to Talk Day.

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CO OP

STATEMENT

T/F

REASON

"Nowadays, mental health is accepted and talked about positively."

FALSE

Mental health stigma and discrimination is still a big problem - from portrayals in the media to getting support. By taking part in Time to Talk Day, you can help normalise talking about our mental health.

"The general public is happy to talk about mental health."

FALSE

Research from Time to Talk Day 2024 revealed that nearly two thirds of people surveyed in the UK put a brave face on to avoid talking about their mental health.

"Financial problems and your mental health can be related."

TRUE

Poor mental health can make earning and managing money harder. And worrying about money can make your mental health worse.

"Young people are more willing to talk about mental health."

FALSE

Young people are even more likely to bottle up their feelings. Our Time to Talk Day 2024 survey showed that 69% of 16-24 year-olds report putting on a brave face, compared to 28% of over-75s.

"The only person who can help someone with a mental health problem is themselves."

FALSE

You can help a friend with a mental health problem. Don't be afraid to ask how they are. Try to be non-judgemental and listen, spend time with them and ask how you can help.

"Your mental health can change, just like your physical health."

TRUE

Like physical health, your mental health can get better and it can get worse. Look after it by connecting with people, keeping active, taking notice of things around you, learning new things and giving to others.

"The language we use can enforce negative stereotypes about mental health."

TRUE

Casual and slang use of phrases associated with mental health (e.g. 'maniac', 'mad', 'nuts' or 'psycho') can trivialise what it's like to have a mental health problem and could stop people from seeking help.

"Events in the news can have an impact on our mental health."

TRUE

Some news can highlight a difficult reality and coverage can seem constant through 24-hour TV, news websites and social media. For many of us, these issues aren't only in the headlines - they impact our daily lives. Events may affect each of us differently depending on our own views and experiences.