

TIME TO TALK WEEK

MAY 21-27, 2022

What is Time to Talk Week?


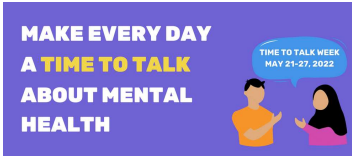
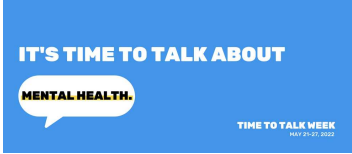
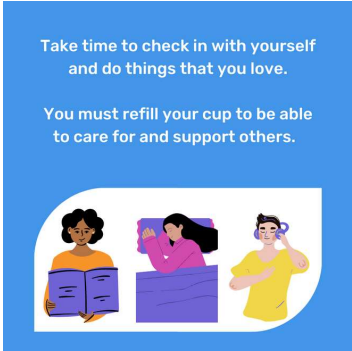
Now more than ever, it's important to talk about mental health. In collaboration with WhatMakesUs, The Wellbeing Partners is devoting a week to mental health conversations, from how to support your friends and family living with a mental health condition to the effect of stigmatizing language. The event builds off of the U.K. holiday, Time to Talk Day, and will present localized, crucial content from May 21 to May 27.

Handles and hashtags


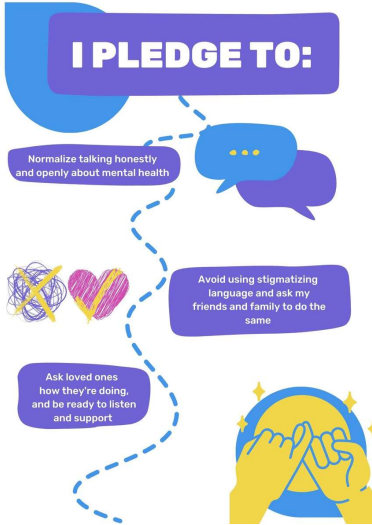

Be sure to tag @WhatMakeUsMW and use the hashtag #TimeToTalkWeek to all of your posts!

How to use this document

Spread the word about Time to Talk Week by using the suggested copy and graphics below on the social media channel of your choosing. Feel free to adjust these suggestions to reflect your organization's voice. Questions? Reach out to Claudia at ClaudiaG@thewellbeingpartners.org.

Post date	Suggested copy	Graphic
Sat. 5/21	<p>We're kicking off Time to Talk Week with NAMI Walks Your Way Nebraska 5K! Find out more here #TimetoTalkWeek</p> 	 
Sun. 5/22	<p>It's self-care Sunday! Take some time today to rest and recharge. Resting is caring for your mental health. #TimetoTalkWeek</p>	<p>Take time to check in with yourself and do things that you love.</p> <p>You must refill your cup to be able to care for and support others.</p> 

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Mon. 5/23	<p>One in five people had a mental health condition before the pandemic, and many people agree that our community members have experienced trauma because of COVID-19. It's more than okay to tell someone how you are feeling. You are not alone.</p> <p>#TimeToTalkWeek</p>	 <p>It's okay to NOT be okay.</p>
Tue. 5/24	<p>Did you know that nearly 30 percent of the metro area BIPOC community reported hearing stigmatizing labels and language?</p> <p>The expression "sticks and stones may break my bones, but words will never hurt me" is not always true. Words like "crazy" may seem like no big deal, but they are hurtful to people who deal with mental health conditions. Commit to changing your language in order to support those around you.</p> <p>#TimeToTalkWeek</p>	 <p>Words can carry stigma. Let's be mindful of the language we choose. If you hear stigmatizing language in a conversation, speak up.</p>

Post date	Suggested copy	Graphic
Wed. 5/25	<p>A healthy workplace includes more than physical health. Less than half of people in the Omaha/Council Bluffs metro area reported feeling comfortable disclosing a mental health condition to their employer. Workplaces need to ensure that employees feel supported in all aspects of health.</p> <p>#TimeToTalkWeek</p>	 <p>Workplaces that are stigma-free are:</p> <ul style="list-style-type: none"> • healthier • more productive • more engaged <p>By addressing mental health stigma in the workplace, employers can cultivate a healthier workforce.</p>
Thu. 5/26	<p>One way to break the stigma around mental health conditions is by having open and honest conversations. Share this pledge to show your support for mental health! #TimeToTalkWeek</p>	 <p>I PLEDGE TO:</p> <ul style="list-style-type: none"> Normalize talking honestly and openly about mental health Avoid using stigmatizing language and ask my friends and family to do the same Ask loved ones how they're doing, and be ready to listen and support
Fri. 5/27	<p>A supportive network shows people with a mental health condition that they aren't alone. Check out these tips from mentalhealth.gov to find ways to better support your friends and family members.</p> <p>#TimeToTalkWeek</p>	 <p>How to support a friend or family member living with a mental health condition:</p> <ul style="list-style-type: none"> • Listen to what they are telling you. • Reassure the person that you care about them. • Educate others so they understand the facts about mental health conditions and do not discriminate. • Show support for treatment. • Express respect, compassion, and empathy. • Make sure you look after yourself and your own wellbeing as well.