



time to  
talk day  
05/02/26

# 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.

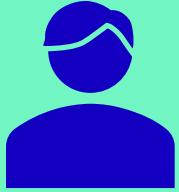
Text a friend, chat over a cuppa, go for a walk with a colleague, share something on social media – there are lots of ways you can start a conversation.

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.**



# Why is it important?



**28% of men feel too embarrassed to seek support for their mental health.**



**40% report difficulties building relationships at work** due to their mental health.



**18% report their mental health problem has hindered their chance of promotion.**



**Only 74% report being willing to work** with someone with a mental health problem.

# Key messages

## We all have mental health

We all have mental health just as we have physical health.

Talking about mental health at work can help normalise the conversation, reduce stigma and help build confidence for employees to reach out for support when they need it.

No one should feel shame for having the strength to ask for help.

## You don't need to be an expert

You don't need to be an expert to have a conversation about mental health – you just need to be able to listen.

Many people just need someone to take the time to listen, non-judgementally and support them think through what steps they next want to take.

You can always signpost them to Mind.

## With the right support we can all thrive at work

Whether we have a mental health problem or not, we can all excel at work by having an understanding of the tools and support we need to perform at our best.

Open and honest conversations about our mental health and support needs at work can help us all to achieve against our goals.

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# 1

# Activities in your club, group or sports organisation

# Activity ideas

**There are lots of ways you can get your club, group or sports organisation involved in Time to Talk Day.**

This could be a dedicated run or walk on the day itself, to hosting a post-run cuppa and cake event to get people talking about mental health.

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** .



## Walk or run and talk

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

You could organise a walk or run and talk with your club or group members to get outside and have conversations on Time to Talk Day.

## Post-run cuppa

You could also plan a post-run (or other session) get together in a local café, to get people talking over a cuppa and a slice of cake.





## Lunch and learn

Organise a lunch and learn session to teach your colleagues more about mental health problems and how to support each other. Or host an online learning event on an evening you don't have a training session. You could incorporate activities from our [self-care library!](#)

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.

2

Fundraising  
ideas

# Active fundraising ideas

## Do Your Own Run

Take on a race, raise money and join #TeamMind in the fight for better mental health.

Sign up to a local 5k or create your own running challenge – it's entirely up to you.

**Step 1:** [Choose a run](#)

**Step 2:** Register your event

**Step 3:** Get support from us

## Get active for Mind

Lots of us find that getting active helps us stay physically and mentally healthy.

From setting up a sponsored football match to cycling across the UK, there are so many active events to take on while supporting Mind, and your own wellbeing.



Need further inspiration?

**Check out our A – Z of Fundraising Ideas**

# Foodie fundraising ideas

## Chocolate anyone?

This year, Time to Talk Day coincides with World Nutella Day and Chocolate Fondu Day!

Why not raise funds and spark conversations with a breakfast of Nutella crepes or an afternoon tea of chocolatey desserts?

## Grab a slice

Time to Talk is also only a few short days away from World Pizza Day.

Consider gathering your colleagues for a team lunch with a donation per slice going to Mind. You can raise vital funds in the fight against mental health whilst fighting over whether pineapple belongs on pizza!

Need further inspiration?

**Check out our A – Z of Fundraising Ideas**



# Creative fundraising ideas

## Send a mindful message

National Send a Card Day is marked on 7 February. Why not ask your teams to send a handwritten card to a colleague? They could share a compliment or pass on a wellbeing message.

For every card delivered you could make a donation to Mind, ensuring that we can be there for more people who need us.

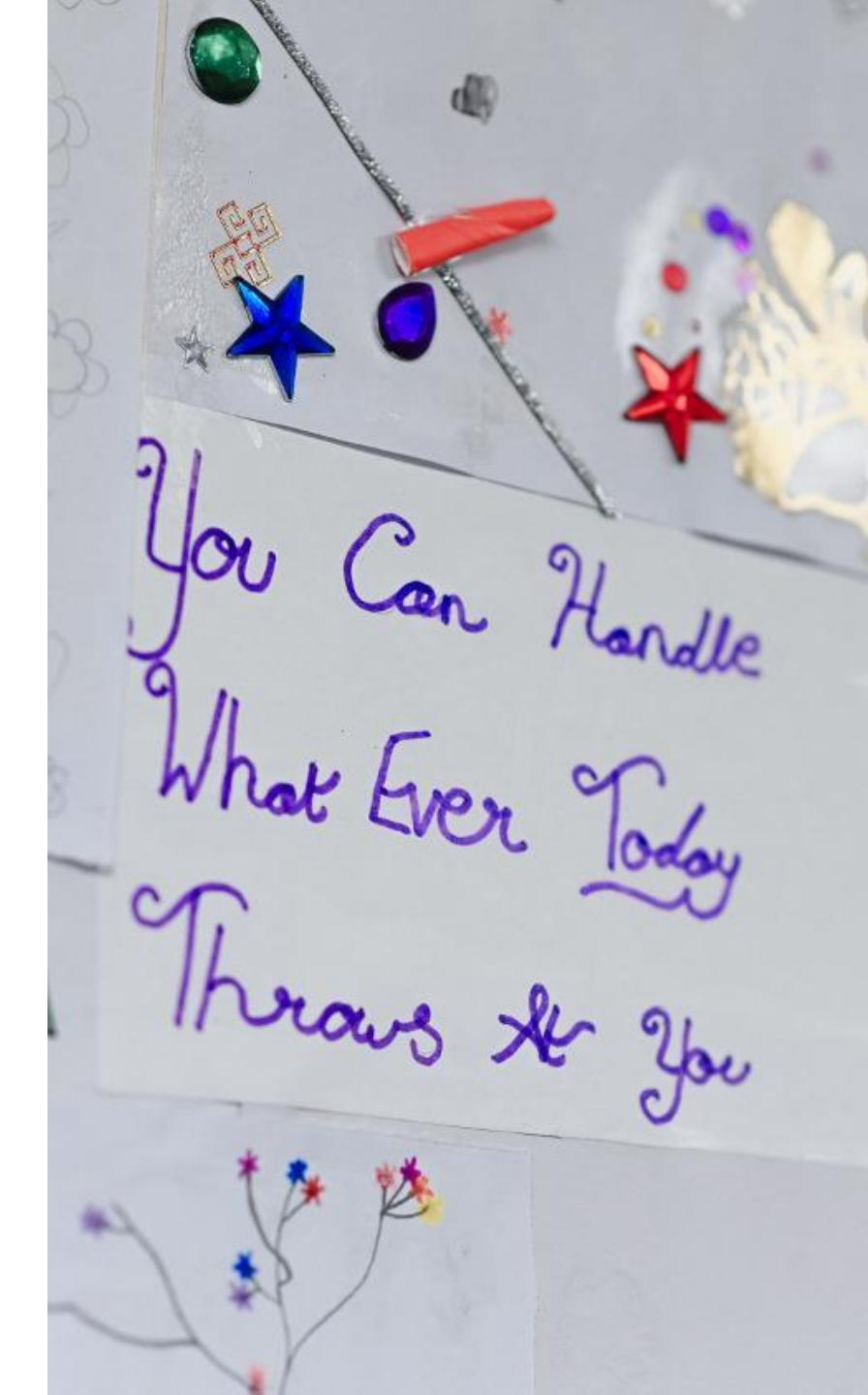
## Try mindful colouring

Origami and mindful colouring are simple ways to inject some creativity and calm into any break time and provide a space for colleagues to connect.

Why not set some time aside for the team to get together and enjoy some crafting, while raising money for Mind?

Need further inspiration?

**Check out our A – Z of Fundraising Ideas**



# Organise your own fundraiser

Here are 6 additional 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.](#)

# 3

## Raise awareness

# 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 club, group or sports organisation 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/ @SportMinds** in your post.

# Intranet post template

Introduce Time to Talk Day on your sport organisation's intranet page or send an email to members 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 everyone,

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. Talking openly and honestly can be the first step towards better mental health for everyone.

Why not text a friend, chat to a teammate 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 Mental Health Champions, Employee Assistance Programme, or include the signposting information in this pack]*

# Newsletters and blogs

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

## **Put personal experience first**

Stories about mental health are more compelling if they are told by an individual with lived experience. Give the individual 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 club, group or 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.

# 4

# Physical activity

### Support with getting active:

- ✓ **Guide to physical activity and mental health**
  - Tools to track your progress
  - Physical activity and movement for mental health finder from the Hub of Hope
  - Healthy relationship with physical activity
- ✓ **We Are Undefeatable**
  - Videos to help you to make your move
  - Five in Five activities you can do in one minute
  - We Are Undefeatable App – free tailored programmes

Head to: [mind.org.uk/getactive](https://www.mind.org.uk/getactive)





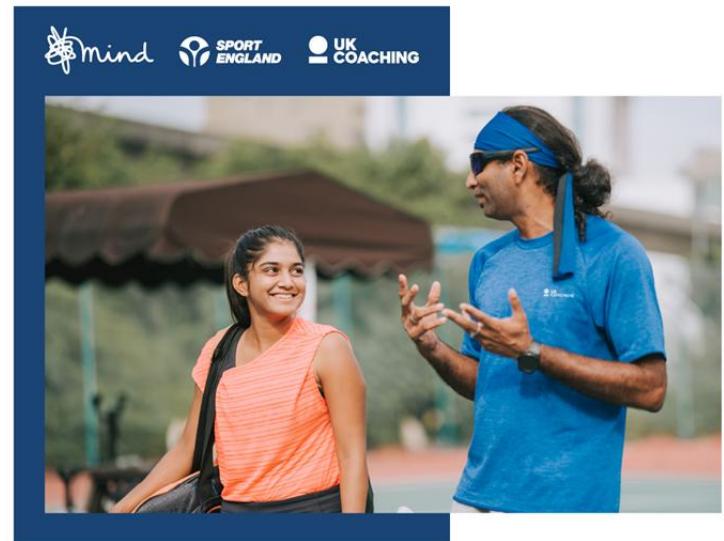
# Mental Health Awareness for Sport & Physical Activity +

**Who:** All leaders and volunteers delivering the programme

This online course helps individuals to:

- Gain the knowledge, skills, and confidence to better understand and support people living with mental health problems.
- Learn how to create an environment that encourages participation and promotes positive change.

Learn more about the course [here](#).



**Empowering coaches with the skills to support the 1 in 4 people experiencing mental health problems.**



### Programme delivery:

- Safe and effective practice support package
- Mental health and physical activity toolkit
- Healthy relationship with physical activity

Head to: [mind.org.uk/resources](https://mind.org.uk/resources)

**Safe and effective practice**  
Guidance on physical activity mental health provision

Supported by

A promotional image for the 'Safe and effective practice' guidance. It features a green header with the title and subtitle. Below is a photograph of four men in a sports hall, one in a wheelchair, looking at a clipboard. The footer includes logos for the National Lottery, Sport England, and Mind.

### People:

- Wellness action plans
- Self-care library
- Thriving at Work for the Sport Sector
- Wellbeing activities

### Physical activity & mental health newsletter

This monthly newsletter includes updates on our work, stories and resources from across the sector, along with lots of opportunities for you to get involved in.

# 5

## 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

## Hub of Hope

Search a directory of tens of thousands mental health support services across the UK.

### Physical activity and movement filter

Hub of Hope includes a filter for **physical activity and movement**. This shows services that specifically involve physical activity to support mental health.

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.