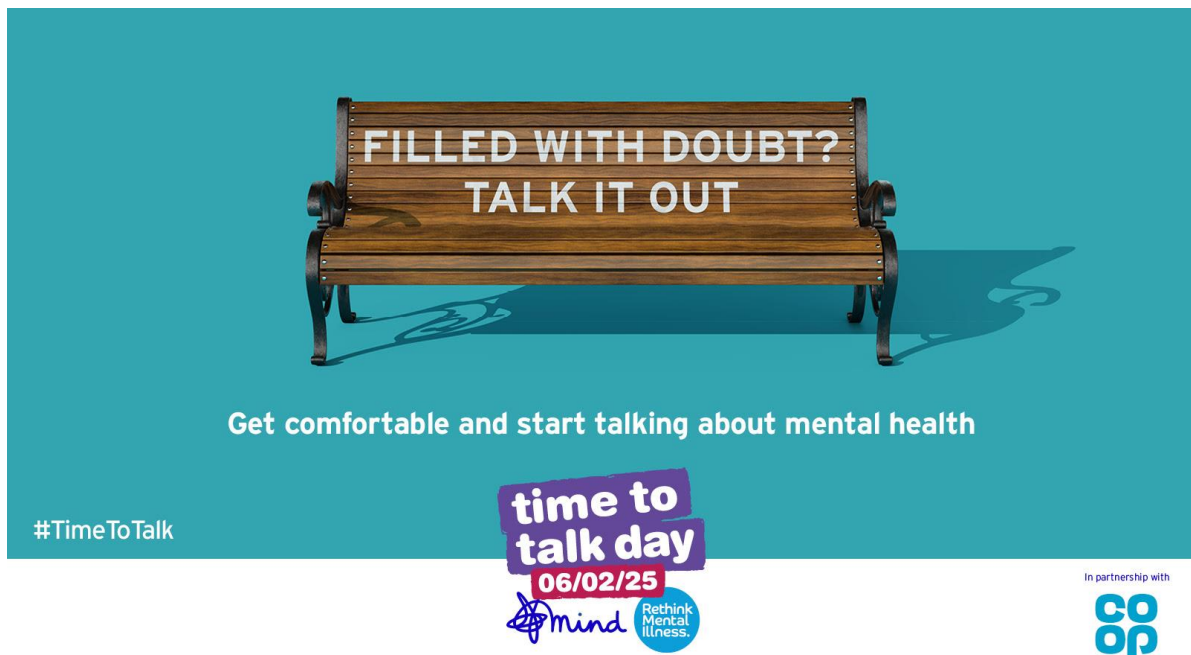


Time To Talk Day



This year, [Time To Talk Day](#) will take place on Thursday 6th February 2025.

Mental health forms a core part of our everyday lives and can be a battle for many. Last year's 'Time To Talk Day' uncovered almost 2/3 of the UK appear cheerful to avoid discussing personal worries; just under 50% feel less compelled to discuss mental health challenges if close ones are already under pressure with personal circumstances.

The event is one of England's leading campaigns to drive open discussions regarding mental health amongst families, friends, and co-workers. By creating a supportive environment where people feel safe to 'open up', we can all help to eliminate the stigma often associated with mental health - the main goal of 'Time of Talk Day'.

To raise awareness of the campaign, Derbyshire County Council's Mental Health & Suicide Prevention (DCCMHSP) Team will be sharing posts across the week - Monday 3rd - Friday 7th February 2025 on their official social media, including [Facebook](#), [X \(formerly Twitter\)](#) & [Instagram](#)

Finally, be sure to access and download local Derbyshire resources (incl. posters, images, templates, etc.) from the DCCMHSP Team's official [toolkit for the campaign](#).