



**DERBYSHIRE**  
County Council

**Time to talk?**

Let's get the conversation about mental health and wellbeing started.

Visit: [www.derbyshire.gov.uk/TimetoTalk](http://www.derbyshire.gov.uk/TimetoTalk)

This #TimeToTalkDerbyshire month - why not share your stories about getting the conversation about #mentalhealth started? Visit [www.derbyshire.gov.uk/timetotalk](http://www.derbyshire.gov.uk/timetotalk)



**DERBYSHIRE**  
County Council

**Time to talk?**

Let's get the conversation about mental health and wellbeing started.

Visit: [www.derbyshire.gov.uk/TimetoTalk](http://www.derbyshire.gov.uk/TimetoTalk)

Email your tips about how to start a conversation about #mentalhealth to [ASCH.Time2Talk@derbyshire.gov.uk](mailto:ASCH.Time2Talk@derbyshire.gov.uk) and we'll share them to help others. It's #TimetoTalkDerbyshire #mentalwellbeing #mentalhealth

**SAMARITANS**

The Samaritans have lots of tips on how to start a conversation about mental health.

## **Time to talk?**

**Let's get the conversation about mental health and wellbeing started.**

If you want help starting a conversation about #mentalhealth then the #Samaritians have lots of tips online here: <https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/how-support-someone-youre-worried-about/what-do-if-you-think-someone-struggling/>



**DERBYSHIRE**  
County Council

## **Time to talk?**

**Let's get the conversation about mental health and wellbeing started.**

**Visit: [www.derbyshire.gov.uk/TimetoTalk](http://www.derbyshire.gov.uk/TimetoTalk)**

If you need to talk about how you're feeling then the Derbyshire Mental Health helpline is open 24/7 on 0800 028 0077. #TimetoTalkDerbyshire #mentalhealth #emotionalwellbeing



## Time to Talk?

Let's get the conversation  
about mental health and  
wellbeing started.

Visit: [www.derbyshire.gov.uk/timetotalk](http://www.derbyshire.gov.uk/timetotalk)

During #TimetoTalkDerbyshire you can find lots of advice & support around #mentalhealth at the Derby & Derbyshire Emotional Health and Wellbeing website here:  
<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>