

Mental Health Icebreakers

Many of us find it easy to worry about having conversations about mental health - so we thought we'd share some simple questions you can ask to get people thinking about their mental health and wellbeing.

Can you tell me about one thing you've achieved today?

What's one thing that made you smile today?

What would you like to achieve in the future?

Who is a person you trust?

What's your favourite place we could go to locally?

What do you like about it?

Where would you like to travel in the future?

A conversation about mental health doesn't have to just be about mental health. Let's encourage open conversations that make a difference.



#TimeToTalkDay

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