

# TEA & TALK



World Mental Health Day 2022 Edition - Monday 10th October 2022

This year's theme for World Mental Health Day 2022 is 'Make mental health and wellbeing for all a global priority'.

This 'tea & talk' has been designed to get everyone in the staff room chatting about and normalising mental health and wellbeing. Here you will find a list of questions and topics to open up discussions with your fellow colleagues.



How are you?

What did you do at the weekend?

How have you been finding things lately?

What are you currently doing to look after your mental health and wellbeing?

Let's share some ideas!



Get out and about this lunchtime! Could you talk your lunch outside or have a 'walk & talk' style meeting today? Research has shown that being outside and breathing in fresh air reduces stress levels.

How can you make mental health and wellbeing a priority in your life?

Do you have any ideas for improving mental health and wellbeing within school for staff?

From this discussion, what one thing are you going to take away and start doing in your own life? Can you set yourself a goal to do this?

If you are struggling, are you aware of how to get support?

Who could you talk to?

[www.nhs.uk/mental-health/](http://www.nhs.uk/mental-health/)

**shout**  
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We're supporting  
**mind**  
for better mental health

**SAMARITANS**  
Call us free 24/7 on  
**116 123**  
[samaritans.org](http://samaritans.org)

**CALL 111**  
when it's less urgent than 999