



small talks,
big difference

YMCA

Here for young people
Here for communities
Here for you

Speaking about mental health is not always easy.

Small Talks is about taking the time to have positive conversations about mental health. **Turn over for top tips** to having positive conversations about mental health.

4 simple steps to make a big difference

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Just remember to

TALK

Take the time

In your day-to-day chats, check in with those around you and make an effort to ask people how they are doing.

Ask twice

“I’m fine” can be an instant response when people ask how we’re doing. Asking a second time can lead to a more honest and open response.

Learn to listen

Allow people the time needed to talk about their feelings. It may not come all at once, but make sure you’re letting them say what they need to.

Keep it up

Don’t stop with one chat. Remember to continue checking in to see how those closest to you are doing.

For more information, visit ymca.org.uk/smalltalks