



## MICROLEARNING - 10 MINUTES TO EXPAND YOUR KNOWLEDGE

### TMIE TO TALK 2023

\*Disclaimer-  
topics of stress  
and panic attacks.  
Wellbeing  
support provided  
[here](#) \*

Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for creating supportive communities by having conversations with family, friends, or colleagues about mental health.

Time to Talk Day was launched in 2014 by Time to Change, a campaign to end mental health stigma and discrimination, which was run by Mind and Rethink Mental Illness.

We hope this edition of Microlearning helps us develop our knowledge on creating safe environments to better support the mental health of ourselves, friends and family.

#### ARTICLES



- [Mental health in the workplace](#)  
CIPD (4-minute read)
- [Talking Tips](#) (2-minute read)

#### VIDEOS



- [Break the Stigma Around Children's Mental Health](#) (2-minute video)
- [Physical and Mental Health](#) (3-minute video)

#### Actions for the week

1. Share your support by comforting others through [empathetic listening](#).
2. Join in the Time to Talk- [Get Your Workplace Talking](#).
3. Make a donation to [Rethink Mental Illness](#).
4. Explore the [St Mary's Health and Wellbeing resources](#).
5. Support your workplace with [mental health training](#).
6. Access the [Employee Assistance Programme](#) services

Learn more about St Mary's inclusion efforts and become an active ally by joining our [Disability Network](#). If you would like to join or just find out more about the Disability Network at St Mary's, please email [Disabilitynetwork@stmarys.ac.uk](mailto:Disabilitynetwork@stmarys.ac.uk)

Thank you joining us in this week's Microlearning!

#### LONGER ACTIVITIES TO FURTHER EXPAND YOUR KNOWLEDGE



- [NHS Mental Health Services](#)