IN YOUR CORNER

#inyourcorner

time to change
let's end mental health discrimination
In Your Corner is a five-year Time to Change campaign that encourages us all to look out for others – whether they are friends, family, colleagues or team mates.

1 in 4 of us will experience a mental health problem this year, yet many people still don’t believe problems are likely to affect them, or anyone they know. They also don’t see how the way they think and act can affect others.

But mental health problems can affect any of us – directly or otherwise. And without support from those around us, we can lose what we care about most.

**Having a mate in your corner can make all the difference.**

Being in someone’s corner can be as simple as asking someone how they’re doing, listening and not judging; just being there and being yourself.

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**Getting the message out about mental health**

We’ve created this pack to help you share this message with your members and supporters. By supporting our campaign, you can help more people to be open to talking about mental health. And that means more people will get the support they need, when they need it.

We’d like you to do this on **World Mental Health Day (10 October)** if possible, to help raise awareness that anyone can be in their mate’s corner.

As well as access to downloadable materials, this pack offers a template email and suggested text for your intranet, website and social media channels. There are also signposts to support.
A LIST OF AVAILABLE MATERIALS

We have created a set of downloadable In Your Corner materials for you to use. You can access these at time-to-change.org.uk/resources. In some cases, they can be customised.

In Your Corner posters

These art-ready posters can be customised and printed in the office or via a professional print supplier.

In Your Corner desk-drop tip card

This concertina tip card explains why being open about mental health is important, and gives tips on how we can all be there for our friends, family members and colleagues. It is business card sized, so will fit in a purse or wallet. Professional printing is recommended.
In Your Corner digital graphics

An In Your Corner screensaver and email signature.

In Your Corner social media graphics

Downloadable social media graphics to accompany posts and tweets.

Time to Change films

Our In Your Corner animation has tips to show different ways people can be there for a mate or colleague. There’s also a film about two colleague looking out for each other.

You can access both on You Tube by clicking the links. You could use either as part of a presentation, event or email.

If you have plasma screens available and would like to show the film, please email employers@time-to-change.org.uk to request a link to download. You can also access all our films by searching ‘Time to Change’ on YouTube.
The following content can be included on your intranet or SharePoint system. If you’re planning an event, you could promote this at the same time.

1 in 4 of us will experience mental health problems this year. Having a colleague in your corner can make all the difference. So, if someone you work with is acting differently, step in.

It’s World Mental Health Day on 10 October.

We’ll be supporting Time to Change’s In Your Corner campaign, with posters and tip cards around the office.

With 1 in 4 people experiencing mental health problems every year, it can happen to any of us – you, someone in your family, a friend, your workmate, your team mate.

Without support from others, people with mental health problems can lose what they care about most. It’s a time when you need your friends, family and colleagues more than ever. So, if you notice someone you work with is acting differently, step in.

You don’t have to be an expert to be supportive. It can be as simple as checking in with someone, asking them how they’re doing, sharing a cuppa, listening and not judging, just being there and being yourself.

We are distributing In Your Corner tip cards on World Mental Health Day. Why not keep one in your purse or wallet? You could also find out more about the initiative at time-to-change.org.uk, or contact the [Organisation name] HR team at [email address].

Time to Change is a growing movement of people changing how we all think and act about mental health. It is run by Mind and Rethink Mental Illness, and thousands of organisations like us are joining to help make change happen.
1 in 4 of us will experience mental health problems this year.

Having a mate, family member or colleague in your corner can make all the difference. So, if someone you know is acting differently, step in.

It’s World Mental Health Day on 10 October.

We are supporting Time to Change, a growing movement that’s changing how we all think and act about mental health.

It’s easy to dismiss mental health problems as something that only affects others. But, with 1 in 4 people experiencing mental health problems every year, it can happen to any of us – a team mate, friend, member of the family, or work colleague.

Without support from others, people with mental health problems can lose what they care about most. It’s a time when you need your mates, family and colleagues more than ever. So, if someone you know is acting differently, step in.

You don’t have to be an expert to be supportive. It can be as simple as checking in with someone, asking them how they’re doing, listening and not judging, just being there and being yourself.

You can find out more about Time to Change and their In Your Corner campaign at time-to-change.org.uk. Time to Change is run by Mind and Rethink Mental Illness, and thousands of organisations like us are joining to help make change happen.
The more shares, views, comments, likes and conversations we create around In Your Corner, the more we all play a part in changing how people think and act about mental health. Most importantly, the more people will be in someone’s corner if and when they are needed.

Below are some pre-written posts you might want to share through your social media channels. Why not download some accompanying graphics, or download campaign films by searching ‘Time to Change In Your Corner’ on YouTube?

**Twitter 1**
1 in 4 of us will experience a mental health problem this year. So, if someone you know is acting differently, step in #inyourcorner

**Twitter 2**
Having someone in your corner can make all the difference when experiencing a mental health problem – at home or on the pitch #inyourcorner

**Twitter 3**
We’re behind the @timetochange movement to change the way we all think and act about mental health problems #inyourcorner

**Facebook 1**
1 in 4 of us will experience a mental health problem this year. Without someone in their corner, people with mental health problems can lose what they care about most. So if a mate, family member or colleague is acting differently, step in.

**Facebook 2**
We believe having someone in your corner can make all the difference when experiencing a mental health problem. It is too easy to dismiss mental health problems as something that happen to other people. But it can happen to any of us. So, if a mate, family member or colleague is acting differently, step in. Now is the time you are needed most.

**Facebook 3**
We’re behind the @timetochange movement to change the way we all think and act about mental health problems. If a mate, family member or colleague is acting differently, step in. It can be as simple as asking them how they’re doing, checking in with them, listening and not judging – just being there and being yourself. #inyourcorner
If you need or want to signpost to support outside your organisation, we have listed some suggested organisations below. Feel free to replicate the text, or link to our support page online: www.time-to-change.org.uk/mental-health-and-stigma/help-and-support.

If you would like to talk to someone about your mental health, there are lots of people who can support you. We list some of them below:

**Samaritans**

**Telephone:** 116 123  
(24 hours a day, free to call)  
**Email:** jo@samaritans.org  
**Website:** www.samaritans.org  
Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

**Mind Infoline**

**Telephone:** 0300 123 3393  
(9am-5pm Monday to Friday)  
**Email:** info@mind.org.uk  
**Website:** www.mind.org.uk/help/advice_lines  
Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.

**Elefriends**

**Website:** www.elefriends.org.uk  
Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind.

**Mates in Mind**

**Website:** www.matesinmind.org  
Mates in Mind is a charitable programme to improve and promote positive mental health in construction. We provide programmes with our partners promoting awareness and understanding of Mental Health tailored to the needs of construction.

**Rethink Mental Illness Advice Line**

**Telephone:** 0300 5000 927  
(10am-2pm Monday to Friday)  
**Email:** info@rethink.org  
**Website:** www.rethink.org/about-us/our-mental-health-advice  
Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink Mental Illness also runs services and groups across England and Northern Ireland.

**Saneline**

**Telephone:** 0845 767 8000  
(6pm-11pm)  
**Website:** www.sane.org.uk/what_we_do/support/helpline  
Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.
FOR MORE INFORMATION

timetochange

@timetochange

Search “Time to Change”

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