



YMCA
Tea Talks

Small Talks, Big Difference

#BreakTheSilence

Having trouble getting started?

Here are some key questions to help progress the conversation and move towards identifying positive next steps.

- ▼ What's on your mind?
- ▼ Is there anything that is worrying you at the moment?
- ▼ Is there anything in particular you would like to talk about?
- ▼ How are you really feeling today?
- ▼ Have you spoken with anyone about these things/feelings?
If so, what did they say?
- ▼ Have you reached out to any support organisations such as Mind, Westfield Health (YMCA staff) or Samaritans to discuss these issues?
- ▼ What do you think are the next steps from here?

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Remember to T.A.L.K:

- T** Take the time to engage and check in with those around you
- A** Ask twice about how they are feeling to break through the common 'I'm fine' response
- L** Learn to listen by being patient and don't cut people off
- K** Keep it up: Don't stop after one chat, keep checking in with each other

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