

IT'S  TIME  
TO TALK  ABOUT  
 MENTAL  
HEALTH 

[www.sleepio.com/healthandcare-scot](http://www.sleepio.com/healthandcare-scot)

[www.trydaylight.com/healthandcare-scot](http://www.trydaylight.com/healthandcare-scot)

**Sleepio**



**NHS**  
SCOTLAND

It may be a new year, but many people are still struggling. Some difficulties are easier to talk about than others: Problems at work might be a common conversation topic, and family frustrations are often shared among friends. But what about mental health?

In the UK, **one in four adults** experience mental health conditions, including poor sleep that exacerbates those problems. For example, the Mental Health Foundation most recently reported that **8.2 million** people experience anxiety in the UK, and **research from an insurance company** found that 65% of UK adults suffer from poor sleep.

Anxious feelings and sleepless nights can make for difficult days, weeks, and even months. To make matters worse, it's something that many of us don't talk about due to the stigma around mental health. The result? People who are already suffering may end up feeling ashamed, misunderstood, and isolated, which makes their life even harder — and also keeps them from reaching out for help.

## Change the conversation

In the spirit of Time to Talk Day — an event dedicated to ending the stigma around mental health — here are some tips to help you connect and converse about mental health with your friends and colleagues:

### Starting the conversation

Learn how to recognise when a friend or colleague may need help. You don't need to have all the answers, just compassion, concern, and the willingness to listen.

### Listening carefully

Things to remember to make someone feel like it's okay to talk; being attentive, asking questions, noticing body language, and playing back what you've heard.

### Ways to respond

Sometimes just listening is enough. However, it's good to consider checking in again, reassuring the other person that you'll respect their privacy, and asking how you can help.

By normalising these kinds of conversations you can help spread the idea that mental health is nothing to be ashamed about, and it's okay to talk about. After all, a small conversation about mental health has the power to make a big difference.

## Help for poor sleep and difficult emotions

If you're personally struggling with poor sleep, or feelings of worry and anxiety, Sleepio and Daylight may be able to help. **Sleepio** is a digital programme that uses evidence-based cognitive behavioural therapy to tackle even the most stubborn of sleep problems. **Daylight** is a science-backed, clinically proven programme built by leading mental health experts that helps people to gain control over their worry and anxiety. You can check them out for yourself, or let a coworker know about them — it could be the perfect way to have that first conversation about mental health with someone who might need it.



Get started with Sleepio at

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Get started with Daylight at

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