



## A GUIDE: HOSTING YOUR OWN 'TEA & TALK' EVENT

Mental health problems represent the single largest cause of disability in the UK. People in all walks of life can be affected at any point in their lives. At Creative Support, we want everyone to feel they can be open about their mental health and ask for support as and when they need it.

We have created this pack so that anyone can host a 'Tea & Talk' event at their service. All you need is to find a room where you won't be disturbed, advertise the event and use the resources provided in this pack to help start the conversation. The idea is for staff to help facilitate open discussion about mental health and create a space where everyone can listen and support one another. It is also a chance to raise awareness and help remove some of the stigma surrounding mental health.

### Your pack contains:

- **A promotional poster** - fill in the time, date and location of your event and put it up at your service
- **Invitations** - you can print these out to serve as reminders
- **Ice breakers** - A selection of icebreaker questions to start your event off
- **Conversation starters** - Print off and cut out our pre-made mental health conversation starters and use these as a starting point
- **Mental health top tips** - An information sheet to take away on how to look after your mental health and maintain positive wellbeing

### **Please note it is important to create a safe environment from the outset:**

- Make it clear that people do not have to disclose anything about themselves unless they feel comfortable and safe to do so
  - Make it clear that the space is confidential and anything spoken about shall remain in the room
  - Make sure everyone knows where and how to access support should they need it

### Ideas on how to run the event:

- **Advertise your event** with a start and end time (we suggest 1 hour)
- **Set boundaries** to ensure everyone feels safe (a confidential space where you are free to say as much or as little as you want)
- **Check in** - Ask those present to share around the room one word, which sums up their current mood or feeling. This is a good way to give an initial insight into where everyone in the room is coming from and encourage honesty from the offset
- **Start with one of the icebreaker** questions so everyone has the chance to speak
- **Use the conversation starters** to help prompt discussions surrounding mental health. People should be free to talk about personal experiences, situations they have come into contact with or ask questions to help them understand more
- **Check out** - close the session by giving out the information sheet, and noting whether the initial word to describe the mood or feeling has changed at all, and reinforce that everything discussed shall remain confidential.