**February**

**Social media posts**

**Time to Talk Day. Thursday 2nd February**

We're supporting #TimeToTalk because 1 in 4 people will experience a mental health problem – it’s time for the stigma to end. Visit [www.derbyshire.gov.uk/timetotalk](http://www.derbyshire.gov.uk/timetotalk) to get help on how to start the conversation about mental health.

We're encouraging everyone that it’s #TimeToTalk so that no one feels alone when they’re experiencing a mental health problem. Get help & support online at [www.derbyshire.gov.uk/mentalhealth](http://www.derbyshire.gov.uk/mentalhealth)

If you're experiencing emotional health struggles then it's #TimeToTalk - talk to a friend, family member or pick up the phone. If you're struggling to cope, then Derbyshire Mental Health helpline can offer support on 0800 028 0077

**World Cancer Day. Saturday 4th February.**

Never underestimate the power of cooperation and collective action to save lives. Who are you and what will you do on 4 Feb? Speak up, stand up and take action together this #WorldCancerDay Find out more at [www.worldcancerday.org](http://www.worldcancerday.org)

**Grab a Cab. Until March 31st 2023.**



If you need help getting to certain routine health appointments, then there is FREE transport available. Find out more at the Grab a Cab scheme [www.derbyshire.gov.uk/grabacab](http://www.derbyshire.gov.uk/grabacab)

Did you know that you can get FREE transport to certain routine health appointments including vaccinations and some cancer screenings until March 31st? Find out more about @Derbyshirecc #grabacab scheme here: [www.derbyshire.gov.uk/grabacab](http://www.derbyshire.gov.uk/grabacab)

**Every Mind Matters loneliness campaign. All month.**

Loneliness can have a huge impact on our wellbeing, but there are lots of simple actions you can take to help lift yourself or others out of loneliness.

Every Mind Matters has launched its Lift someone out of loneliness campaign.

Resources including images, social media copy and a campaign guide can be downloaded from the [PHE campaign resource centre here](https://campaignresources.dhsc.gov.uk/campaigns/better-health-every-mind-matters/loneliness-campaign-2023/). You will need to log in first.

You can also link to [www.derbyshire.gov.uk/getconnected](http://www.derbyshire.gov.uk/getconnected) for local support about tackling loneliness and the Derbyshire Mental Health helpline can offer support on 0800 028 0077.

**Other national campaigns you might want to support**

**Tinnitus Awareness Week 2023. 6th – 12th February**

For support and information about tinnitus visit <https://tinnitus.org.uk>

**International Epilepsy Day 2023. Monday 13th February**

International Epilepsy Day promotes awareness of epilepsy in more than 120 countries each year. Find out more: [www.internationalepilepsyday.org](http://www.internationalepilepsyday.org)

**Cancer Prevention Action Week 2023. 20th – 26th February**

Cancer Prevention Action Week is an annual event aiming to raise awareness of cancer and cancer prevention and encourage you to take action.

About 1,100 people are diagnosed with cancer every day in the UK, but 40% of all cancer cases could be prevented. Find out more: [www.wcrf-uk.org/preventing-cancer/cancer-prevention-awareness-week](http://www.wcrf-uk.org/preventing-cancer/cancer-prevention-awareness-week)

**Eating disorders week. 27th Feb – 5th March 2023**

Eating Disorders Awareness Week is an international awareness event, fighting the myths and misunderstandings that surround anorexia, bulimia, binge eating disorder and EDNOS.

For support and information about eating disorders visit [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Local support is also available with Derby based charity First Steps. Visit [www.firststepsed.co.uk](http://www.firststepsed.co.uk) or call 01332 367571

**Newsletter / intranet / payslip copy**

**Time to Talk**

Mental health problems affect one in four of us but there’s still a stigma attached to opening up and talking about it.

Time to Talk is on Thursday 2nd February.

The campaign aims to encourage everyone to be more open about mental health – to talk, to listen, to change lives.

What are you doing to start the conversation? Get ideas about how to start talking about mental health at [www.derbyshire.gov.uk/timetotalk](http://www.derbyshire.gov.uk/timetotalk)

There's lots of ways to help improve your emotional wellbeing. Have you tried the Five Ways to Wellbeing?

They're simple, everyday things to give your mood a little boost. Find out more at [www.derbyshire.gov.uk/wellbeing](http://www.derbyshire.gov.uk/wellbeing)

If you, or someone you know is struggling with feelings of loneliness or isolation then the Derbyshire Mental Health support line is available 24/7 on 0800 028 0077.