

WE'RE STARTING A CONVERSATION

LET'S TALK MENTAL HEALTH



We like to say we know each other well here in the Falklands. But there's more to us than you think. Just like there's more to a person than their mental health condition.

We're encouraging everyone to talk about mental health, seek help when needed, and support each other without fear of judgment.

With our wide skies as its backdrop, Wide Skies, Open Minds draws on the power of our community and connection to bring mental health into the open.

Join the campaign at
www.falklands.gov.fk/publichealth

Let's talk mental health

WIDE SKIES
OPEN
MINDS

Talking about mental health isn't always easy,
but you don't need to have all the answers.
Just showing you care can be a powerful first step.

Here are 5 simple ways to start the conversation:

-  **Ask – and ask again.** A genuine “How are you?” can go a long way. If you're worried, don't be afraid to ask twice. Then just listen – really listen – with an open mind.
-  **Try messaging instead.** Some people find it easier to open up in writing. A simple message to check in can mean a lot, even if they don't respond right away.
-  **Talk shoulder to shoulder.** Side-by-side chats, while walking, driving, or cooking, can feel more natural than face-to-face. It takes the pressure off and makes it easier to open up.
-  **Listen, don't fix.** Avoid phrases like “you'll be fine” or “it'll pass.” Sometimes the best thing you can say is, “I'm sorry you're feeling this way. I'm here.”
-  **Keep it normal.** Chat about everyday things, too – what you're watching on TV, the football or even the weather. It helps to show that you see the person, not just their mental health condition.

If you would like support for mental health and wellbeing, please contact your **GP** or the **Emotional Wellbeing Service** on **28082** or email **emotionalwellbeingservice@kemh.gov.fk**. Support is also available by contacting the **Samaritans helpline** on **51515**.

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