

# Wellbeing Wednesday



## ISSUE 34: Talk to us 2023

Talk to us is an annual awareness raising campaign ran by the Samaritans to help raise awareness around the benefits of both talking with someone, but also being a good listener for others.

For so many years, many of us grew up keeping our deepest thoughts to ourselves. Sharing these thoughts and talking with others was risky and we avoided it out of fear of judgement. However, time have changed and as the world becomes more aware of mental wellbeing and the issues that people experience, we are now encouraged more than ever to talk to someone about how we are feeling, whether that be a friend, a family member, a partner or a counsellor through your EAP support.

What are the benefits of speaking with someone?

- **Stress relief** – How many times have you kept something to yourself and it's become a much larger issue than it needs to be, only for the moment you speak with someone about it you feel the world has been lifted.
- **Building stronger relationships** – Opening up to someone you trust can really strengthen a relationship.

### Who should you speak to?

- Friends
- A group
- Counsellor
- Work colleague
- Family member

