

# Family Communication

February 6

Time to Talk Day



Dear Eagles (Insert School Name or Mascot Here) Family,

Today, is National Time to Talk Day! Time to Talk Day is a vital initiative focused on encouraging open conversations about mental health. Observed in February each year, this day aims to reduce the stigma surrounding mental health issues and promote understanding and empathy. It's an opportunity for individuals, organizations, and communities to come together and have honest conversations about mental well-being.

At \_\_\_\_\_ (insert name of school), we care about your child's mental health! Ask your child if they what the word stigma means and how they think it affects talking openly about mental health. You and your children will have the opportunity to learn more \_\_\_\_\_ (insert text from checked boxes below).

- ☐ From our counselor, teacher, or nurse
- ☐ During a homeroom or advisory class activity
- ☐ At the information table in the library, lunchroom, or (other public area)
- ☐ In this week's health classes
- ☐ In the [www.KnowYourNeuro.org](http://www.KnowYourNeuro.org) website
- ☐ Other \_\_\_\_\_

Today is a perfect opportunity to discuss mental health and coping skills. Get more info on Mental Health and Coping Skills pages at [www.KnowYourNeuro.org](http://www.KnowYourNeuro.org).

For questions or more information, please contact me.

School Official's Signature and Contact Information