

## Choose to talk about mental health in Wakefield District and help change lives

### Next Thursday 6 February is Time to Talk day<sup>1</sup>.

Healthwatch Wakefield<sup>2</sup> along with local partners are holding a mental wellness marketplace in the Ridings Shopping Centre.

Mental health problems affect one in four of us, yet too many people are made to feel isolated, ashamed and worthless because of this. Time to Talk Day encourages everyone to be more open about mental health – to talk, to listen, to change lives.

### Did you know?<sup>3</sup>

The rate of suicides in Wakefield is higher than the national rate.

The issue affects far more men than women.

Suicide is particularly prevalent in young males with 1 in 5 of all deaths in men aged 18-39 in Wakefield being the result of a suicide.

Self harm is also a growing problem in Wakefield, particularly in young females.

The rate of self harm admissions across the whole population had a sharp increase in 2017/18 and is much higher than the national figure.

### The Mental Wellness Marketplace

The Marketplace is being held on Thursday 6 February between 10am and 5pm

There are more than 20 local organisations being represented on stalls, along with national information, giant Connect 4, Reiki, craft tasters and more.

Something for everyone and everyone welcome at this free event to get people talking.

### Wakefield District, it's time to talk... how you can help

We want your mini clips, films, videos!

All you have to do is film yourself or your friend saying: **"Wakefield, it's time to talk"**

Then send them to us on Facebook [facebook.com/HealthwatchWakefield/](https://facebook.com/HealthwatchWakefield/) or twitter [twitter.com/healthywakey](https://twitter.com/healthywakey) or email [enquiries@healthwatchwakefield.co.uk](mailto:enquiries@healthwatchwakefield.co.uk)

[\*you can change 'Wakefield' to wherever you live or work in the District]



### Please share!

**Choose talk, change lives.**  
**#timetotalk**



### If you need more information please contact us:

Telephone: 01924 787379

Email: [enquiries@healthwatchwakefield.co.uk](mailto:enquiries@healthwatchwakefield.co.uk)

[facebook.com/HealthwatchWakefield/](https://facebook.com/HealthwatchWakefield/)

[twitter.com/healthywakey](https://twitter.com/healthywakey)

<sup>1</sup> <https://www.time-to-change.org.uk/get-involved/time-talk-day>

<sup>2</sup> Healthwatch is the independent champion for people who use health and social care services. We're here to find out what matters to people, and help make sure their views shape the support they need. We also help people find the information they need about services in their area.

<sup>3</sup> Information taken from Wakefield's JSNA Adults Annual Summary 2019 (with suicide data updated with 2016-18 figures)  
<http://www.wakefieldjsna.co.uk/introduction-2/jsna-annual-report/>