

# SIGNSS Mental Health Conversation Starter

Toolkit & resource pack



Talking about mental health is important, but it isn't always easy. Try our conversation tips and prompts to help you get your community talking.

**Thrive**LDN   
towards happier, healthier lives

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# Introduction

SIGNSS Mental Health Conversation  
Starter toolkit 2021

# Introduction to SIGNSS and using the Mental Health Conversation Starter resource

- Coinciding with Mental Health Awareness Week 2021, Thrive LDN is delighted to launch a [new conversation starter tool](#) to support faith and community leaders to engage in mental health communications with their members.
- The resource - SIGNSS - has been developed through engagement with community leaders across London. It aims to normalise conversations about mental health. The ultimate goal is to encourage help-seeking behaviour and signpost people to support.
- SIGNSS leads the user through a process of starting, maintaining and closing a conversation about mental health:
  - S. Situation: Using a situation to find common ground.
  - I. Initiate: Initiating a caring conversation, asking direct questions.
  - G. Guide: Being a good listener, without judgement.
  - N. Nudge: Prompting with positive encouragement and practical suggestions.
  - S&S. Support and Signpost: Sharing help and resources.

- Thrive LDN is a citywide movement to improve the mental health and wellbeing of all Londoners. It is supported by the Mayor of London and led by the London Health Board.
- A project lead by Thrive LDN, we hope these conversation tips and prompts will help you get your community talking.
- [Download the conversation starter resource \(PDF\)](#).

Why not use SIGNSS to note down some of your own ideas for how to start, maintain and close a conversation about mental health?

# Suggested content for newsletter/website - Partners

- London has a diverse population with a high proportion of first- and second-generation immigrants and marginalised communities which has also given rise to variable experiences of authority and trust in public services.
- Being able to have conversations about mental health with trusted individuals within faith and community organisations will provide that bridge for those who may need additional support.
- Developed for Thrive LDN by psychologist and Public Health specialist Dr Pamela Nkyi and in consultation with community leaders across London, SIGNSS aims to normalise conversations about mental health.

- **Dr Pamela Nkyi describes SIGNSS:**

*“SIGNSS is designed to be a conversation starter that provides prompts to help people have conversations with their faith and non-faith communities about mental health and wellbeing, which could take many forms depending on the user...through the tool, people are provided with prompts to have conversations; each conversation will differ and each conversation will capture different topics.”*

- [Download the Partners newsletter here.](#)



# Suggested content for newsletter/website

## - Community leaders

- Thrive LDN has worked with Dr Pamela Nkyi, psychologist and Public Health specialist, to develop a simple and easy to use tool to support mental health conversations.
- Our research with faith and community leaders showed that there was a strong interest in a resource to assist in having mental health and wellbeing conversations with members. There was a request for a simple and easy to use tool that provided prompts and enabled users to approach the topic of mental health.
- We listened and have created SIGNSS - a mental health conversation tool.
- SIGNSS takes the user through a set of clear stages to start, maintain and safely close a conversation about mental health. It is designed to complement what faith and community leaders are already doing to support their members through difficult times.
- [Download the Community Leaders newsletter here.](#)



# Mental Health Conversation Starter materials



S

- To help promote SIGNSS, we have created:

I

- Social media graphics and suggested content
- Article and newsletter content

G

- All content is available to download from Thrive LDN's [communications Dropbox account](#)

N

- We are developing more resources to support SIGNSS in the coming months including videos, panel discussions and further printed resources
- We are also keen to hear how you are using SIGNSS and how can we improve it for the future

SS

- Please get in touch with our team to help us to make SIGNSS work for as many diverse groups as possible across London via email [info@thrivedn.co.uk](mailto:info@thrivedn.co.uk)

# Social Media content

## Suggested Twitter post:

Talking about #MentalHealth is important, but it isn't always easy. @thrivedn's new community conversation starter toolkit gives you the tips and prompts to help you get your community talking

[thrivedn.co.uk/resources/thrive-ldn-mental-health-conversation-starter/](https://thrivedn.co.uk/resources/thrive-ldn-mental-health-conversation-starter/)

#SIGNSS #CreateTheSpace #GetTalking #LetsTalkMentalHealth  
#MentalHealthAwarenessWeek

## Suggested Facebook/Instagram post:

Talking about #MentalHealth is important, but it isn't always easy. @thrivedn's new SIGNNS conversation starter tool is designed to support faith and community leaders to engage in mental health conversations with their members.

Led by psychologist and public health specialist Dr Pamela Nkyi and developed through engagement with community leaders across London, SIGNNS aims to normalise conversations about mental health.

[thrivedn.co.uk/resources/thrive-ldn-mental-health-conversation-starter/](https://thrivedn.co.uk/resources/thrive-ldn-mental-health-conversation-starter/)

#SIGNSS #CreateTheSpace #GetTalking #LetsTalkMentalHealth  
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# Social Media content

## S Situation

Try using a situation to find common ground - a recent, current or future event that means something to you both.

- > It's been hard not to see people in person, hasn't it?
- > I've been thinking about how much I am looking forward to (a community event, faith gathering), how about you?

## I Initiate

Initiating a caring conversation is an act of kindness, good for your own wellbeing as well as for someone else. A direct question, asked gently, gets to the point and is an honest way to begin.

- > I know we haven't been able to meet physically and have a proper chat; I wanted to call and ask how you have been doing, how you have been managing with being at home/working/looking after your family?

## G Guide

Being a good listener shows someone that you are genuinely interested in how they are doing. Use open-ended questions to guide them into talking more, without judgement or negative reactions to what they have to say.

- > You said that you missed (an activity, for example a singing group or a book club), how has that made you feel?
- > You mentioned money worries, how has that been affecting you?

## N Nudge

A nudge in the right direction can help people to search for their own resolution. Positive encouragement and practical suggestions can be a helpful prompt.

- > Have you thought about what might help you to deal with your money worries?
- > What do you think you can do to make things better for yourself?

## SS Support & Signpost

It can be hard to know where to turn and what help is available. You can use this opportunity to point someone in the right direction for support.

- > It has been great to talk about this, there is much more help available for you if you would like to speak with someone, from the NHS and from other local organisations. Here are a few options for you.



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# Further resources

- **Good Thinking:** London's digital mental wellbeing service, promoting proactive self-care for the four most common mental health conditions: anxiety, low mood, sleeping difficulties and stress. Find out more here: [www.good-thinking.uk](http://www.good-thinking.uk)
- **Thrive LDN:** tools and resources to support Londoners' mental health, including resources on supporting emotional resilience, financial anxiety, bereavement, and also how to safely support others in the community. [www.thriveldn.co.uk](http://www.thriveldn.co.uk)
- **NHS Talking Therapies:** a free NHS counselling service that helps with a range of low to moderate mental health problems such as depression, anxiety, stress, bereavement and relationship problems. Talking Therapies is available in every borough in London and elsewhere across England. You can find details of your nearest service here: [www.nhs.uk/talk](http://www.nhs.uk/talk)
- **Samaritans:** provide emotional support, advice and information to anyone who wants to talk, available 24 hours, every day. Call 116 123 or visit [www.samaritans.org](http://www.samaritans.org)
- **MECC Link:** provides information about a whole range of services including self-care and national and local support services. [www.mecclink.co.uk](http://www.mecclink.co.uk)



# Thank you

If you have any questions please get in touch.

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[thriveldn.co.uk](http://thriveldn.co.uk)