



MHFA England

About the Take 10 Together toolkit

Our Take 10 Together toolkit includes ready-to-use materials to support mental wellbeing in your workplace, school or community, while showing the importance of Mental Health First Aid training.

You can use these on your own social media or blog and you may also wish to share the resources with colleagues via your intranet, newsletter or public spaces in your workplace. We have also put together some content specifically for schools and those who work or live with young people.

This toolkit was originally developed for World Mental Health Day 2016 and has been adapted so that you can use it all year round to keep the mental health conversation going.

Why Take 10 Together?

Mental Health First Aid teaches people the skills and confidence to recognise the signs and symptoms of common mental health issues and effectively guide a person towards the right support.

The first step on that journey may be taking 10 minutes to open up a meaningful conversation with a friend, family member, colleague or student about their mental health.

If you share on social media you can tag us **@MHFAEngland** and let us know what you think. Click on the images to download.