time to change

let's end mental health discrimination

Pass the Parcel of Chat

3 minutes per chat - actual activity can be ongoing throughout the day

Key message:
When we think about single conversations about mental health, it may not be enough to actually breakdown stigma. By encouraging many people to have these small conversations over time can build to a substantial number of conversations happening.

Activity:
This activity is a fun way to start conversations about mental health, and takes from the popular childhood game Pass the Parcel. Each participant who gets the 'parcel' receives 3 minutes in conversation with the person they have received the parcel from.

What you need to do:
- Make a parcel that can get passed around. In each layer place a small treat / sweet with a fact about mental health.
- Get every person participating to write their name on a post it, scrunch it up and drop it into a bowl or hat
- To start the passing individual will pick a name out of the hat/bowl and then take parcel to them. They will then have a 3 minute conversation with the person they are passing the parcel to.
- Once the minutes are up, the receiver of parcel goes to pick a name from hat/bowl and takes the parcel to them. They then have a 3 minute conversation with this person – and then repeat as above for everyone involved.

Finish up:

If you have an opportunity after the activity it may be worth finishing up with:

- Gauging what new insights did everyone gain from these conversations?
- Highlighting any themes that kept occurring throughout the conversations?
- Discuss if there is a need to continue these conversations, what needs to be talked about furthermore or indeed what areas needs need to be covered in future discussions / conversations about mental health.

Some suggested topics of discussion:

- What experiences in your life, your work, or your family inform what you believe about mental health?
- In your experience, how are mental health issues affecting people at work?
- Do you think different cultural backgrounds influences how we think about mental health? If so, how?
- Why is mental health an important or not so important issue in this organisation?
- How is mental health intertwined with physical health in our organisation?

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Rethink Mental Illness.