

Brew Monday

Monday 19th January 2026

There's always time for a cuppa and a catch-up!

Connecting with others makes a real difference to our mental health. A chat over a cuppa can ease stress, loneliness or worry. This Brew Monday, let's remember that talking and listening are very powerful ways to support wellbeing.



How to reach out to someone?

Sometimes, a simple check-in can remind someone they matter. If a friend has gone quiet or hasn't been around much, a quick "Hey, how's it going?" can mean a lot and may be exactly what they need.

Why it's worth checking in:

- Shows you care
- Opens the door to chat
- Nothing to lose by asking
- Small effort, big impact



How to be a good listener?

When someone opens up about how they are feeling, the best thing you can do is just listen. That means not jumping in with advice and not trying to fix everything.

Listening doesn't have to be complicated. You can help by:

- Being comfortable with silence
- Staying present
- Validating their feelings
- Checking in again



What support is available?

Samaritans - A safe, non-judgemental space to talk about anything that's troubling you, whether it feels big or small. Call free on **116 123**. Available 24/7.

Shout - Free, confidential text support if you're struggling to cope. Text **SHOUT** to **85258** to start a conversation anytime.

NHS 111 - Head to **NHS 111 online** or call **111** and select the mental health option to get advice and support from trained professionals, day or night.

Scan this QR code or visit the link for more about our support services:



www.leicspart.nhs.uk/mental-health