

# [PROJECT:TALK]

PIONEERING MENTAL FITNESS

**SOCIETY**

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## Information Package

**#THRIVETOGETHER**

# Building Community

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# Mental Fitness

Seize Life's Opportunities, Navigate Life's Challenges

Welcome to PROJECT:TALK

PROJECT:TALK aims to build mental fitness within communities. A high degree of mental fitness is associated with a reserve of skills and resources that can be readily utilised to take advantage of an opportunity or increase the probability of a successful response to a negative stressor.

Fundamental to mental fitness are the interactions between a community and the individuals within. It is not purely located within the individual and can be gained or lost depending on a variety of internal and external factors. If we define mental fitness as the individual, we risk ignoring a potential lack of support structure and response surrounding them.

In order to reach peak mental fitness, we believe a community must be:

**Aware**

**Proactive**

**Equipped**

**Well-Resourced**

PROJECT:TALK empowers communities to improve each one of these fundamental pillars, having a positive impact on mental fitness, mental health and general wellbeing.

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# Our PROJECTS:

## [WALK TO:TALK] PIONEERING MENTAL FITNESS

WALK TO:TALK events bring communities together and encourage open conversation about mental fitness whilst embracing the outdoors.

Typically, our events take the form of awareness and fundraising walks which also showcase the individuality of their surroundings. They're bright pink, make a strong statement and a lasting impression on a community.

"These walks are designed to encourage people to talk about mental health, often without even realising they have."

The best part is that these events are designed and run by the people. We believe in events organised by passionate people who are out, enjoying the event just as much as (if not more than) everyone else. Our role as a Community Interest Company is to enable those people to do something amazing in their community and make lasting, powerful change.

PROJECT WalktoTalk is a brand established by our ambassador Ben West, Award winning mental health campaigner in memory of his younger brother Sam who took his own life in January 2018 just aged 15.

## [TOOLS TO:TALK] PIONEERING MENTAL FITNESS

We acknowledge that whilst incredibly important, talking about mental health can be tricky for even the most experienced and qualified among us.

With this in mind, our training sessions are designed to give participants the tools and confidence to have life changing, and possibly lifesaving, conversations. They're designed by those whom they're designed to teach, with input and advice from mental health experts, those with lived experience and other amazing people.

This means that they focus on what is useful, practical and invaluable for any one of us. We all have mental health, and so we are all in a position to talk about it and support each other.

We have a number of different packages available, ranging from those designed for doctors in training (as showcased at Bristol Medical School), packages designed for students, and for wider communities, business and bespoke causes.

Their success depends on a levelled connection between our instructors and course participants. To achieve this, our courses are typically taught by passionate, enthusiastic individuals who have often been there themselves.

**#THRIVETOGETHER**

# Bring PROJECT:TALK

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## To Your University

By creating a PROJECT:TALK Society at your University, not only will you be able to deliver WALK TO:TALK and TOOLS TO:TALK, but we will also support you to lift your own ideas off the ground. Be it a yoga class, morning running group or cooking workshop – whatever bonds and strengthens your community.

PROJECT:TALK will give a sense of support and recognition for mental health at your University. The community will soon see the real benefits of good mental fitness.

### **We'll work with you to boost mental health provision at your University**

As PROJECT:TALK is a Community Interest Company, funds will be used, alongside your guidance, to support mental health provision at your University in ways such as funding talking therapy, events and workshops.

We'll work with you to establish and boost what you feel is best for your community.

# PROJECT:TALK

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## Gives Back To You

Wellbeing is becoming a mainstay of so many industries today, essential for a productive workforce, by engaging with PROJECT:TALK you are getting the best head start- trailblazing mental fitness in your community.

You will develop skills in event management, leadership and communication- the perfect opportunity to network as a founding member of a PROJECT:TALK Society. You will also be trained as a Mental Fitness Instructor.

This opportunity also holds the potential to progress in the Community Interest Company in the future.

During your time with PROJECT:Talk you will gain a sense of achievement, empowerment, ability to pioneer real, sustainable change.

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# [PROJECT:TALK]

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[PROJECTTALK.ORG.UK](https://PROJECTTALK.ORG.UK)

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