

## Elephant in the room



5 minutes – (25 minutes if doing further impact exercise)

**Key message:** Experiencing mental health problems can be a very isolating experience. Sometimes people need to see something physical that shows them they are not alone in their experiences.

### What you need:

- A big picture of an elephant
- Lots of post it notes and pens by picture

### Activity:

Attach your image of an elephant on the wall of a communal area that's used a lot, for example the staff room / tea making room.

Invite people to write how they are feeling, or what stops them from talking about their mental health on a post it note (anonymously) and stick it on the elephant. This sharing of ideas and feelings is a way of exposing mental health problems in the workplace without identifying individuals which creates a sense of community, ending isolation. .

This activity is also a good way of running a 'temperature check' on mental health amongst staff.

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### For further impact:

- You can run a follow up event where the elephant and messages becomes a point of discussion – especially if there is a trend in how people are feeling.

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