



# Just Talk Campaign Week 2022 21-27 November **Look Beneath the Surface**

## **Look Beneath The Surface**

Have you ever shouted or snapped at someone because you were feeling upset or worried?

Keeping emotions like sadness, fear or frustration locked up inside can sometimes cause them to come out in other ways, like outbursts of anger, being grumpy, or isolating yourself from people you care about.

Just Talk Week's theme for 2022 is to 'Look beneath the surface', to be patient with others, as we can't always know the challenges that someone may be facing.

That's why, more than ever, it's so important we don't jump to conclusions about people or judge them unkindly.

It's important to understand that if you see a friend, family member or someone else you know acting unusually or not their typical self, they may be having a bad day or going through a difficult time.

This Just Talk Week, we'll be exploring the different ways to help - it's often as simple as just talking and listening.

