

Resourcing and Talent

Time to Talk Day

Time to Talk Day: Let's start a conversation at Cumbria Fire & Rescue Service

Time to Talk Day is all about taking a moment to check in, start a chat, and remind each other that it's okay to talk about how we're feeling. For those of us working in fire and rescue, these conversations matter more than ever. The job comes with pressures that not everyone sees – but we see each other, and that's what counts.

Whether you're on station, in Control, out on the run, or in the office supporting teams behind the scenes, your wellbeing is just as important as the work you do.

Why talking matters in our Fire Family

Working in the fire and rescue service can take a toll – long shifts, tough incidents, emotional strain, the pressure of helping people during their worst moments to producing high volumes of work and meeting tight deadlines for yesterday! [The Fire Fighters Charity](#) reminds us that this demanding work can lead to stress, anxiety, and other mental health challenges, and they offer completely confidential support to help anyone in the fire family manage those feelings.

Across emergency services more broadly, organisations highlight that firefighters and EMS personnel are at higher risk of issues like depression, PTSD, burnout, and addiction due to the difficult things they experience over time.

Time to Talk Day is a reminder that opening up – even in a small way – can be exactly what someone needs. A simple “How are you doing, really?” can make a huge difference.

What others in the fire and rescue community are doing

Fire and rescue services around the country get involved in Time to Talk Day each year. For example, Hampshire Fire and Rescue Service encourages their teams to hold open conversations, run station activities, and share resources aimed at getting people talking about mental health. They highlight that emergency services workers are more likely to face mental health challenges, so creating a supportive environment is essential.

Making Cumbria a safer place for all



The [Fire Brigades Union](#) also shares that **60 per cent of fire service workers surveyed have experienced mental health problems**, showing just how important it is to talk openly and support each other.

The message is simple: none of us are alone in this.

Where you can go for support

The Fire Fighters Charity

They offer support that's tailored to you, including:

- Psychological support
- Self-assessment tools
- Residential and virtual wellbeing programmes
- Counselling, nursing, and more

Support is available for serving staff, retired personnel, and families.

Broader wellbeing support

They signpost to fantastic wider services including:

- **Fire Fighters Charity** 0800 389 8820 (Trauma-related wellbeing services)

[Homepage - Fire Fighters Charity](#)

- **Samaritans** Call 116 123

Whatever problems you are facing Samaritans are there to listen 24/7

- **SHOUT** Text Shout to 85258

Crisis text service for support with any mental health concern 24/7

- **MindLine Cumbria** 0300 561 0000 or text Mind to 81066

Information, guidance and support, Midday–11pm Monday to Friday, 5pm–11pm on weekends

- **Lancs and South Cumbria Mental Health Helpline and Texting Service** 0800 953 0110 24/7 Mental Health and wellbeing helpline for Lancashire and South Cumbria, or by text Hello to 07860 022 846.

Call service is available Monday to Friday 7pm-11pm and Saturday to Sunday 12pm to midnight.

Text service is available Monday to Friday 10am-11pm and Saturday to Sunday 12pm to midnight.

- **CALM Campaign Against Living Miserably** 0800 58 58 58

Helpline for anyone over the age of 15. 5pm–Midnight.

Webchat also available, 5pm–Midnight

- **Silverline** 0800 470 80 90

Information, friendship and advice for older people 24/7

- **Young Minds Parent Line** 0808 802 5544

Advice for parents and carers worried about a young person 9.30-4pm Mon-Fri (until 6pm on Tues-Wed).

- **Papyrus Hopeline** 0800 068 4141

Support and advice for Young People under 35. 9am-Midnight every day

- **The Mix**

Advice and support for under 25s, peer support chats

- **Childline** 0800 11 11

Support for anyone under 19, 24/7 and online 1-2-1 chat

- **SANEline**

If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4pm–10pm every day).

- **Switchboard**

If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0800 0119100 (10am–10pm every day), email chris@switchboard.lgbt or use their webchat service. Phone operators all identify as LGBT+.

- **Mind Support Line**

Call Mind's support line on 0300 102 1234. A safe space for you to talk about your mental health. Advisors are trained to listen to you and help you find specialist support if you need it. Open 9am to 6pm, Monday to Friday (except bank holidays).

All of these organisations echo one big message: **you never have to deal with things on your own.**

How you can get involved on Time to Talk Day

You don't need training or expertise to make a difference – just a bit of time and a willingness to listen.

Here are some simple, friendly ways to take part:

- Check in with a colleague over a brew
- Share a wellbeing resource or something that's helped you
- Have a quick chat at a watch meeting or between jobs
- Be open – sharing your own experiences might help someone else
- Offer a listening ear without judgement

These small moments can mean more than you realise.