# SMAC-25: Conversation Starter Kit

The *Stop. Make a Change* programme is being run throughout the month of October 2025. Mental health affects everyone, regardless of age, background, or professional role. Yet it can often be an uncomfortable subject to broach at work. When we create opportunities for open dialogue, it can both help support individual wellbeing and also foster trust, productivity, and a sense of belonging among employees.

To help get the best out of the discussions we would suggest:

- Put Tools Down & Turn Phones Off
- Gather Colleagues and Find a Quiet Place
- Open Conversation Starter Pack
- Commence Conversation – We suggest 1 hour minimum
- Record Key Comments
- Agree set of Actions
- Implement Changes.

#StopMakeAChange

Stop. Make a Change.

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SMAC-25 CONVERSATION STARTER: STRESS & ANXIETY

# What signs of stress have you seen on site?

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# What small changes could help make this site more supportive?

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# Have you ever helped a mate going through a tough time?

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