

Talk It Out Music Video – Discussion Guide

Duration: Approximately 45-60 minutes

Objectives:

- To foster open conversations about mental health through music and creativity.
- To encourage participants to share personal experiences and support one another.
- To raise awareness of mental health resources and promote proactive wellbeing practices.

Preparation:

- Ensure the necessary equipment is available for viewing the music video (e.g., projector, speakers) and play the video from www.byteentertainment.com/talkitout.
- Print copies of the lyric sheets and discussion questions for participants.
- Familiarise yourself with the content and themes of the music video.

Discussion Questions:

1. What emotions did the music video evoke for you?
2. How do the lyrics relate to personal experiences you've had or observed?
3. In what ways can music serve as a tool for expressing and managing mental health challenges?
4. What messages do you think the artists aimed to convey about mental health?
5. How can we apply the themes from the music video to our daily lives to promote well-being?

Activities:

- **Lyric Analysis:** Break into small groups and analyse specific lyrics, discussing their meanings and relevance to mental health (lyrics at the end of the document).
- **Creative Expression:** Invite participants to write their own verses or create artwork that reflects their mental health journey.
- **Role-Playing:** Simulate scenarios where individuals might struggle with mental health issues and practice supportive responses.

Additional Resources & Signposting:

SANE - Independent mental health charity aiming to raise awareness, improve services, provide emotional support and host research – www.Sane.org.uk

HUB OF HOPE - National mental health database bringing together organisations and charities, large and small, from across the country who offer mental health advice and support, together in one place – www.HubOfHope.co.uk

SHOUT - Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. If you are feeling stressed, anxious, worried then Text **SHOUT** to **85258** for 24/7 crisis support

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Talk It Out – Neil Avery & Nigel Planer

(Verse 1)

There's a dark cloud that's coming in,
I don't know what it means.
Tell me what it's all about.
And even I know there's something there,
I know it's up to you,
But I want to let you know that I'm here.
I am here for you,
That's what I say to you.

(Chorus)

What's it all about?
I would like to know.
What's it all about?
There's something I can do.
I know it's hard for you,
We've got to talk it out.

(Verse 2)

No judging, know what is right?
I don't know what that means.
Tell me what it's all about.
I'm ready if you wanna tell,
I know it's up to you,
But I want to let you know that we all care.
You know we're here for you.

(Chorus)

What's it all about?
What's it all about?
Got to talk it out.
It's something I can do.
I know it's hard for you.
We've got to ride it out.

(Bridge)

Ride it out, ride it out,
Ride it out, ride it out,
Ride it out, ride it out,
Ride it out, ride it out.

(Verse 3)

I get so confused with life and stuff,
But I can make some time,
To see what you're about.
I had a good time this afternoon,
I spent it just with you.



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I want to let you know that I'm there.
Yeah, yeah, yeah.

(Chorus)

Cause you know what it's all about.
Talk about it now.
What's it all about?
There's something I can do.
I know it's hard for you.
Got to talk it out.

(Outro)

What's it all about?
Let's talk about it now.
I'm here with you.
There's something I can do.
I know it's hard for you.
You've got to talk it out.
Talk it out, got to talk it out.
I'm here with you.
There's something I can do.
I know it's hard for you.
Got to talk it out.
I'm here with you.
You've got to talk it out.
That's something I can do.
And if you talk it through,
You're gonna ride it out.

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www.byteentertainment.com/talkitout