

**Myth:**

**Mental  
health  
problems  
are  
very  
rare.**

**Fact:**

**Mental  
health  
problems  
affect  
1 in 4  
people.**

You can help. Find out how at  
[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

**time to change**

let's end mental health discrimination

**Myth:**

**People  
with  
mental  
illness  
can't  
work.**

**Fact:**

**You  
probably  
work with  
someone  
with mental  
illness.**

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**time to change**

let's end mental health discrimination

**Myth:**

**People  
with  
mental  
illness  
never  
recover.**

**Fact:**

**People  
with  
mental  
illness  
can  
and do  
recover.**

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