

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

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.**

You can help. Find out how at
www.time-to-change.org.uk

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.**

You can help. Find out how at
www.time-to-change.org.uk

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