

Myth: Mental health problems are very rare.

Fact: Mental health problems affect 1 in 4 people.

What you can do to help

- Stay in someone's life – be there, make time to keep in touch. Your support will help their recovery.
- If someone talks to you about their problem, don't brush it off.
- Ask the person how you can best support them.
- Don't define people by their mental health problems.
- Think about your everyday language; “nutter”, “crazy”, “psycho” can hurt.
- There are many myths about mental illness, get the facts.

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

time to change

let's end mental health discrimination