



**“My most
challenging
role was
hiding my
depression
from other
people.”**

Patsy Palmer was watched by millions but the pressures of life eventually took their toll.

*“I had so much going on in my life at the time.”
On her way to work one day, Patsy had a panic attack.
The next morning Patsy woke
up in a clinic, not knowing how she’d got there.*

*“The clinic was probably the best thing
that could have happened because I felt safe there.
I had counselling and started to recover.”*

*However, Patsy was very aware of the stigma and
prejudice that surrounds mental health problems.*

*“I was frightened to tell people about it,
because I thought they might treat me differently or
think I couldn’t cope.”*

*With one in four of the population likely to experience
mental health problems, Patsy says, “Anyone
who says they’ve never felt affected in some way are
either extremely lucky or telling fibs.”*

*Patsy reviewed her life after her breakdown,
determined to get more balance.*

*“It was years ago now, but in a way, I’m pleased it
happened,” she says, “because it puts things into
perspective, and makes you sort out your priorities.
I’ve now got the balance right and am loving my life.”*

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Mental Health Media

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