



**“1 in 4 people,
like me,
have a mental
health
problem.”**

**Many more
people have
a problem
with that.”**

Stephen Fry has experienced mental health problems for much of his life. But it wasn't until he was 37 that he was finally diagnosed with bipolar disorder.

“I'd never heard the word before, but for the first time I had a diagnosis that explains the massive highs and miserable lows I've lived with all my life.”

During research for his documentary 'The Secret Life of the Manic Depressive', Stephen found out that the illness affects hundreds of thousands of people in the UK.

He was also dismayed to discover the extent of prejudice surrounding mental health problems. “I want to speak out, to fight the public stigma and to give a clearer picture of mental illness that most people know little about.”

Stephen thinks better public awareness is essential to help people break the silence about mental illness.

“Once the understanding is there, we can all stand up and not be ashamed of ourselves, then it makes the rest of the population realise that we are just like them but with something extra.”

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

time to change

let's end mental health discrimination