



**“It’s odd,
but
people
found
my cancer
easier
to deal
with
than my
depression.”**

When Sue had cancer her friends and workmates rallied round her. It was their support and love that helped her get through the treatment. But when she told the same friends she had been diagnosed with depression, their support disappeared almost overnight. This made Sue feel isolated and made her depression worse.

Sue’s cancer is now in remission and she’s made a full recovery from her depression. Like many people who experience mental health problems, Sue thinks it was the fear of the unknown that turned her friends away.

As Sue says: “They didn’t know how to deal with it. But it’s the small things that can make a big difference, like a phone call, a chat over a cup of tea, or someone simply saying - I’m here for you.”

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

time to change

let's end mental health discrimination