



**“I’m Asian  
and I’m gay.  
I face  
discrimination  
every day,  
but not for  
the reasons  
you’re  
thinking of.”**

*You might think that Tom experiences stigma because of his race and sexuality. But it was after his brother’s suicide, when he experienced stigma because of his mental health problems.*

*Tom says: “After my brother died, I was diagnosed with depression. My family has always been very supportive of each other and I was able to talk openly about my illness.”*

*But at work, Tom’s experience was quite the opposite.*

*“When I told my boss about my mental health problems, she was very unsympathetic and saw my counselling sessions to get better as an indulgence. After that, I felt that people were judging me as being weak and not being able to cope.”*

*Tom believes tackling discrimination and stigma starts with changing people’s attitudes and encouraging people to talk.*

*“Maybe it’s part of the British psyche to avoid speaking about mental illness and pretend everything is okay.”*

*Tom has now changed jobs. He looks after his physical and mental health through counselling, meditation and regular exercise. The formula seems to be working.*

**You can help. Find out how at  
[www.time-to-change.org.uk](http://www.time-to-change.org.uk)**

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let's end mental health discrimination

Mental Health Media



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