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**1 in 4 people, like me, have a mental health problem. Many more have a problem with that.**

”

**Stephen Fry**

## **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.
- Think about your everyday language; “nutter”, “crazy”, “psycho” can hurt.
- Don’t define people by their mental health problems.
- Get the facts at [time-to-change.org.uk](http://time-to-change.org.uk)

Time to Change is England's most ambitious programme to end the discrimination faced by people with mental health problems, and improve the nation's wellbeing.  
[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

**time to change**

let's end mental health discrimination

Mental Health Media



rethink



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**Being diagnosed with schizophrenia was hard. But being dropped by one of my oldest friends was really painful.**

”

**Jenny Lewis**

**Myth:**

**There's nothing I can do to help someone with a mental health problem.**

**Fact:**

**There's a lot you can do to help.**