

time to change

let's end mental health discrimination

"Put yourself in their shoes and walk a couple of miles in them"

70% of young people who have experienced a mental health problem say they've had negative reactions from friends.

1 in 4 young people with a mental health problem say negative reactions from others had made them want to give up on life.

"Problems with mental health are hard enough. Being judged makes it harder."

"We all have different chapters to our story."

"You can't appreciate a book just from the blurb."

1 in 10 young people will experience a mental health problem. That's 3 in the average classroom.

Mental health problems can affect anyone, no matter what your life's like.

#nojudgement

For more information and resources, check out time-to-change.org.uk/nojudgement or visit our partners YoungMinds at www.youngminds.org

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