

## Here are five simple things you could do to support someone:



**Talk, but listen too:** simply being there will mean a lot.



**Keep in touch:** meet up, phone, email or text.



**Don't just talk about mental health:** chat about everyday things as well.



**Remind them you care:** small things can make a big difference.



**Be patient:** good days and bad days happen.



Yvonne explains that her friend Birgit has always been there for her when she's spent time in hospital because of her schizo-affective disorder. It's been a great mutual friendship, she says. And it's the small things that Birgit has done over the years that have made a big difference.

"Birgit has sent me cards, taken me to gigs and the theatre," says Yvonne. "She invites me round for cups of tea and is generally just there if I need a chat. Even when I've pushed her away at times, she's never given up. She's a true friend."

Find out how to start your conversation today at:



[time-to-change.org.uk](http://time-to-change.org.uk)



[facebook.com/timetochange](https://facebook.com/timetochange)



[@timetochange](https://twitter.com/timetochange) [#TimetoTalk](https://twitter.com/timetochange)

Did you know  
**1 in 4** of us will  
have a **mental health problem**  
in any year?

Sometimes it's the  
**little things** you do that  
make a **big difference**.

it's time to talk. it's  
**time to change**

let's end mental health discrimination

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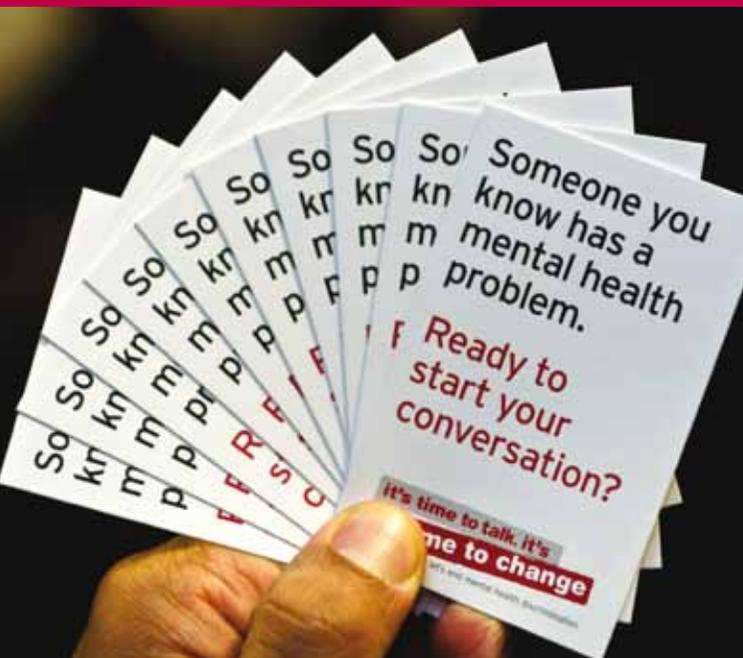
# It's time to talk

## Mental health problems are common.

Our mental health affects the way we think and feel about ourselves and others, and how we deal with life.

1 in 4 of us is affected by a mental health problem in any year. Still, we sometimes find it a hard topic to talk about, and this can be one of the hardest parts of the experience for people.

Talking about mental health is important. It can help us to recover. It can strengthen relationships, and take the taboo out of something that affects us all.



**9 in 10 people who have a mental health problem will experience stigma and discrimination as a result.**

**It doesn't have to be this way.**

## Mental health myths and facts:

Mental health problems only affect certain people.

We all have mental health - like we all have physical health.

People with mental health problems can always rely on friends and family.

Three quarters of people who have experienced a mental health problem say they have lost friendships as a result.\*

People with mental health problems never recover.

People with mental health problems can and do recover.



"My friend Matt has been there in the toughest times, but this year he really went into bat for me," says Tim. "He was ever-present on the end of the phone, and a text always seemed to come at the right time. Endless games of online chess proved a distraction for my mind, while a stream of rubbish jokes made me smile.

To say my life has improved since I was diagnosed with bipolar disorder would be the understatement of the year. I'm now running my own pub and have a great support network of family and friends.

I can pinpoint the start of my recovery to time spent with Matt. He maintains he's even let me beat him at golf to help my depression."

**Watch Matt and Tim, and others, talk about their experiences at:**



[youtube.com/timetochangecampaign](https://youtube.com/timetochangecampaign)

\* Time to Change online survey, December 2012.