



# MENTAL HEALTH SNAKES AND LADDERS

time to change

let's end mental health discrimination

Time to Change encourages everyone to talk about mental health.

Mental health problems affect one in four of us yet people are still afraid to talk about it. For people with mental health problems not being able to talk about it can be one of the worst parts of the illness. So by getting people talking about mental health we can break down stereotypes, improve relationships, aid recovery and take the stigma out of something that affects us all.

Our Mental Health Snakes & Ladders game is designed to bring friends, family, work colleagues and school-mates together for 20 minutes, whilst also raising awareness of mental health and mental health stigma.

## Game pieces

In addition to this board, which we recommend printing out on A3 paper in colour, you will need:

- A die
- As many playing pieces as you have players. Coins can make excellent make-shift playing pieces as can various items of office stationery

## Instructions

1. The object of the game is to progress up the board following the squares 1 to 100 and be the first player to reach the last square.
2. To take your turn, roll the die and move forward the number of spaces rolled.
3. If you land on a **FACT** - read the fact aloud for the group to raise mental health awareness and understanding.
4. If you land on a ladder, climb the ladder by moving your piece to the square at the top of it.
5. If you land on a snake, slide down the snake by moving your piece to the square at the bottom of it.
6. You must land exactly on the last square to win. If you roll a number too high, bounce back down the board by the appropriate number of squares. Good luck!

## Ask Twice!

The average person in the UK says they are fine 14 times every day, but how often do they really mean it? With 1 in 4 of us experiencing a mental health problem every year, it's likely someone around you - whether a friend, work colleague or family member - might be struggling. Sometimes we say we're fine when we're not, so if you notice someone acting differently, ask twice.

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