

#TimeToChange  
#AskTwice

time to change

let's end mental health discrimination

# TIME TO CHANGE UNIVERSITY RESOURCES

Time to Change has loads of resources to help you get talking about mental health in your university.



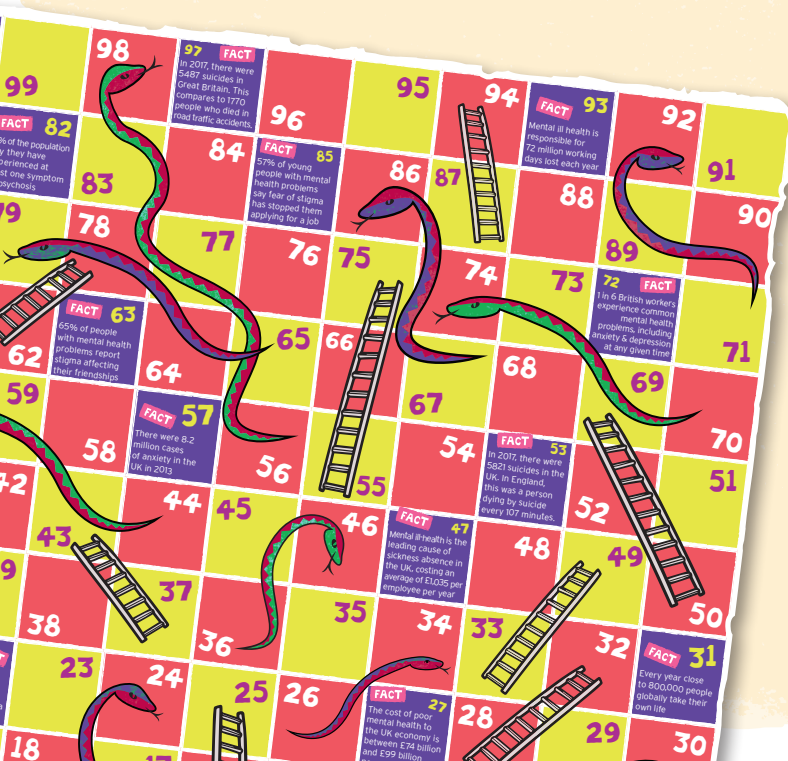
Mental health problems affect one in four of us in any given year, yet too many people are made to feel isolated, ashamed and worthless due to stigma and discrimination.

Time to Change encourages everyone to be more open about mental health - to talk, to listen, and to change lives through sharing experience.



We know that good mental health is essential to students' and staff members' experience, satisfaction, and ultimately retention during their time in higher education.

We've created this short document to highlight some Time to Change resources you can use to help support your university to talk more openly about mental health. They are all free to use.





Here are some of our resources and activities that can help get people talking and reduce stigma around mental health. These can be used in a variety of settings, be it tutor groups, student unions or department staff rooms, and to any audience within your institution.

## SPREADING THE MESSAGE

We have loads of downloadable campaign assets to help you spread the word around campus, including posters, email banners and screensavers which are great if you have limited time.

You can find them

[here](#)

and

[here](#)



## GUIDES

If you'd like to do some more strategic in-depth campaigning, our guides can help you get started.

- Running an event
- Hints and tips on leadership and campaigning
- Tips to get talking

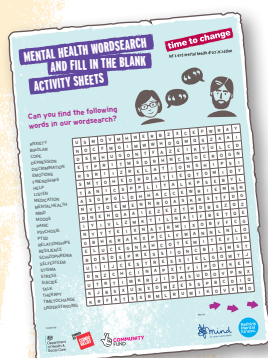
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## CAMPAIGN VIDEOS

- Ask Twice Hiker
- Ask Twice Snake
- In Your Corner

## READY TO RUN ACTIVITIES



- Snakes and Ladders
- Myth-buster quiz
- Wordsearch and Fill in the Gaps

[Follow links](#)



Whichever of these things you do, you're actively helping this generation become more open about mental health problems than any before. We also have more resources, including real-life stories, ready to run activities and much more on our website:

[WWW.TIME-TO-CHANGE.ORG.UK](http://WWW.TIME-TO-CHANGE.ORG.UK)

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