



let's end mental health discrimination

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

“In your classroom, at any one time, any one time, three people will be experiencing a mental health problem”



We all have physical health and mental health

When we experience a mental health problem, it can affect our thinking and feelings, our mood, and our ability to relate to others as we usually would.

Some mental health problems are described with everyday words. The most commonly diagnosed are depression, anxiety, obsessive compulsive disorder (OCD), phobias, bipolar disorder, schizophrenia, personality disorders and eating disorders.

You might be surprised how common these experiences are. Even so, nearly 3 in 4 young people with mental health problems fear the reactions of friends.

It doesn't have to be this way.

Talking about our mental health should be as everyday and ordinary as talking about our physical health.

“Friends are the family you choose.” (Bex) “Sometimes he just knew. He'd give me a big hug and I'd feel safer and happier for it.”(Lauren) **“I let her know that I was there to have a laugh or to listen – whatever she wanted.” (Su)** **“It's incredible to think that a few words I said were powerful enough to help.” (Alana)** **“He was there for me in my hardest time. He'd text me every day to chat about the telly and other normal stuff.” (RL)** **“It's amazing to have people who are willing to pick you up!” (John)** **“Something as simple as a text can turn a bad day into a good day.” (Victoria)** **“My friends probably didn't even know the difference they were making.” (Jenny)** **“They treated me as they always had and kept in contact, even when I was hiding.” (Katie)** **“That let me know I was being looked after.” (David)** **“She was there, even though my depression made me push her away.” (Julian)**

Read others' experiences at time-to-change.org.uk/join-the-conversation



Mental health: Do you know your facts?

She said: “Mental health's not relevant to me and my friends.”

False. We all have mental health, and mental health problems affect people of any age, race, religion or income. They are relatively common, affecting three people in the average school classroom.

He said: Most people experience discrimination because they have mental health problems? That can't be true!

False. Actually, 9 out of 10 people with mental health problems say they have experienced negative treatment from others. Similar to other types of discrimination, they describe feeling isolated, ashamed, misunderstood, criticised and demeaned.

She said: “There's nothing I can do if a friend has a mental health problem. They just have to get over it in their own time.”

True and false. Your friend might need space and time. But there are still lots of small things you could do that can make a big difference. Like sending a text, meeting up, or just asking how they are.

Being there for friends can make all the difference.

Get tips on talking

Stand up to mental health stigma

Send an e-card to someone

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So I hear Dean's got some sort of...



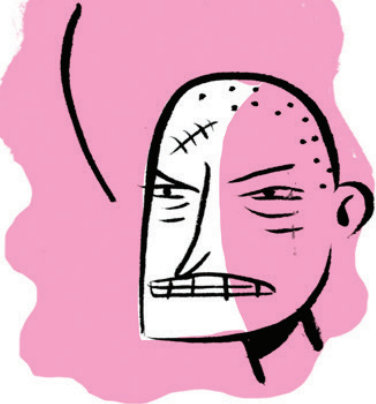
Mental Illness?



I wonder what he'll be like?



Hi Sarah.



Hi Sarah.



Hi Sarah.



Hi Sarah.



Hi Sarah



Mental illness affects normal people, all the time.
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