

If you would like to get involved with our work, please contact us.

Email: champions@time-to-change.org.uk

Phone: 020 8215 2366

Web: www.time-to-change.org.uk

We are keen to save on print costs so please email us if you can. If you do not have access to email, you can fill in the form below and return it to us at the address printed overleaf.

Cover photograph of Stephanie (in boxing gloves) courtesy of Andy Forey

Name

Address

Postcode

If you give us your postal address, we'll send you our newsletter three times a year. Please send us your email address if you'd like us to contact you regularly with opportunities to get involved with our work.

Email

time to change

let's end mental health discrimination

"It has given me the self belief to try and achieve my long-term ambition...It's early days yet but Time to Change has made me believe I can achieve."

"Seeing other people challenging the stigma of mental health problems has given me the confidence to be open in public about my experiences and to speak up for others"

Get involved

Here are some of the ways in which, as a Time to Change Champion, you can lead the movement to end mental health discrimination:

- Taking part in opportunities to lead Time to Change at the highest level, by being part of our governance board.
- Sitting on project and evaluation steering groups.
- Applying for the grants scheme (as part of a group or organisation) which will fund 75 projects that bring people with and without mental health problems together to drive attitude change in their communities. 25% of these funds will be awarded to black and minority ethnic groups, and 20% will be available for projects working with children and young people, in some areas.
- Raising awareness in your community, with free campaign materials, tools and tips for support.
- Reviewing large organisations' practice around mental health; and helping to develop tools for workplace 'healthchecks'.
- Speaking out in the media to get the anti-discrimination message to a national audience.
- Delivering training.
- Organising or taking part in events.



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Time to Change Champions: leading by experience

People with mental health problems are at the heart of the movement to end mental health discrimination. Use your experience to play a leading role.



Funded by the Department of Health



Leading the anti-discrimination movement

Time to Change Champions will have influence over every level of our programme, using their skills and experience to change people's attitudes and behaviours. Here are some of the things people have already done:

- Our Lived Experience Advisory Panel (LEAP) have driven strategy and decision-making, sitting on governance and management groups, and developing the bid for our new programme.
- Regional Co-ordinators have used their experience of mental health problems to support and guide 29 user-led community initiatives. This included a play by South Asian women about domestic violence, and a campaign by African and Caribbean men to improve their treatment by their local mental health services.
- 60 people with lived experience shaped and delivered the training for the Education Not Discrimination project, training medical students, trainee teachers and GP surgery staff.
- People with mental health problems have carried out research interviews as part of our evaluation of our work.
- Consultants with lived experience have carried out reviews of our work: their recommendations have informed our planning and development.
- People with experience of mental health problems have shaped our national advertising campaign, by advising us on messages, tone and audience.
- People with experience of mental health problems helped lead our pilot campaign in Harrow's South Asian community.
- A significant proportion of our staff are open about their experience of mental health problems.
- People with lived experience have been involved in the recruitment of all new staff. We explicitly encourage applications from people with mental health problems, and for some positions it is an essential criteria for the role.
- People with lived experience designed and delivered the training for volunteers on our 2011 roadshows. Over 700 people talked to the public about mental health.
- Supporters have shaped our work by feeding back via our Facebook page and through surveys.

" I've grown a lot in myself, in my confidence, in working with other people... since the project started I've seen so many other people grow too"



Champion Claudette Lawrence outside 10 Downing Street

" Many of us were told that because of our mental health we could not make decisions and achieve for ourselves. We have seen, through this project that WE CAN!"

Speaking out

People speaking out about their mental health problems is one of the best ways of changing public attitudes. We have been proud to work alongside some inspirational people who have been real voices for change. Here are some of the ways people have been speaking out:

- Time to Change Champions have been taking the anti-stigma message across the country, from speaking out in their local community to 10 Downing Street.
- Media volunteers share their stories in print and on screen.
- People have used the Time to Change personal action pack of campaign materials to start conversations about mental health in their local areas.

Join the Champions network, and we'll keep in touch with opportunities for you to link up with others, to share your skills, resources and ideas for challenging discrimination.

" I've enjoyed my LEAP role: I've given a lot and got just as much back."



Care Services Minister Paul Burstow meets a participant from Croydon Mind's Time to Change project (image courtesy of Andy Forey)

" The support we have been given has been superb, the project has allowed us to begin to challenge the stigma we have all faced."

" Speaking to people and feeling as though you're making a difference... there was something quite empowering about 'coming out' in a positive way about my mental health problems. Thank you for the opportunity."

Freepost RRRR-YSUJ-ZYLB

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