

Myth

There's nothing I can do to help someone with a mental health problem.

Fact

There's a lot you can do to help

Fear or awkwardness stops a lot of us from talking about mental health, but avoiding the subject isn't good for anyone.

Mental health problems are common.



One in 10 young people will experience one - that's three students in the average classroom.

If someone you know is experiencing a mental health problem you could make life better for them just by talking. You may feel like you don't know enough to be able to help but you don't need to be an expert on mental health to be a friend.

Young people all across Wales are taking three simple steps to end mental health stigma:

1. Step up. Join the movement and encourage others to get involved.
2. Share and follow us on Facebook, Twitter, Instagram and YouTube to help spread the word.
3. Speak out. Start a conversation about mental health.



Visit:

timetochangewales.org.uk/wecanwewill

Visit our website timetochangewales.org.uk to:

- 1 Get tips on talking about mental health.
- 2 Sign our pledge wall to show you're part of the movement to end mental health stigma.
- 3 Find mental health resources & activities.

The Time to Change Wales Young People's Programme aims to put an end to stigma and discrimination by changing the way young people think and talk about mental health.

Join the conversation at:

- #WeCanWeWill
- @ttcwales
- facebook.com/ttcwales
- @timetochangewales

#WeCanWeWill

YOU HAVE THE POWER TO CHANGE ATTITUDES TOWARDS MENTAL HEALTH.

JOIN THE MOVEMENT. TOGETHER, #WECANWEWILL



let's end mental health discrimination
time to change
Wales

an offer post
gwybodaeth
meddwl difrifol

hafal
for people
with severe
mental illness

Gofal
Thinking Differently

mind Cymru
for severe mental health
o broffwr meddwl
o broffwr meddwl

LOTTERY FUNDED

Just a few small words like **“How are you?”** or **“Are you ok?”** can get the conversation started and make a huge difference. By talking about mental health we can break down stereotypes; strengthen relationships with friends and family; help people to recover and take the taboo out of something that affects everyone.

“I found it difficult to begin with to accept I had a problem because I was so frightened if the stigma. I was ashamed and embarrassed about having a mental illness”



9 out of 10 people with mental health problems experience stigma and discrimination in their everyday lives. There are lots of myths around mental illness that contribute to this stigma, so it can help to get the facts.



THIS IS ONE OF OUR TIME TO CHANGE CHAMPIONS, LUKE.

“The more you talk about it, the more you’re open about it - it just helps so much.”

Is your mind made up about mental illness?

Did you know?

- ★ People with mental illness can and do recover.
- ★ People with mental health problems go to college and university and hold down successful jobs.
- ★ For a lot of people, the fact that it’s difficult to talk about mental health problems is one of the hardest parts of having a mental illness.
- ★ Mental health problems affect 1 in 10 people. Chances are, someone you know or love has experienced a mental illness.

“No one would think anything different of you if you had a broken leg. Sometimes my mind gets a bit sick.”

Talking about mental health

You don’t need to be an expert to talk about mental health, just be there.

Here are a few tips to get your started.

- 1** Take the lead: If you know someone has been unwell, don’t be afraid to ask how they are.
- 2** Don’t avoid the issue: If someone comes to you to talk don’t brush it off - it may have been a really hard step for them to take.
- 3** Talk, but listen too. Simply being there will mean a lot.
- 4** Avoid clichés: Phrases like **“Cheer up”**, **“I’m sure it’ll pass”**, **“Pull yourself together”** definitely won’t help the conversation. Being open minded, non-judgemental and listening will.
- 5** Don’t just talk about mental health: Mental health is just one part of the person and people don’t want to be defined by it. Make sure you continue to talk about the things you’ve always talked about.
- 6** Remind them you care: Small things can make a big difference.
- 7** Be patient: Ups and downs can happen.

Actions are important too, so think about staying in contact with a text, email, or note to let someone know you are thinking about them.