

Starting a conversation

If you feel ready to talk about your mental health problem, here are a few points to help you out...

- Be prepared: Think about the different reactions, positive and negative, that the person might have so you're prepared.
- Choose a good time: Choose a time and place where you feel comfortable and ready to talk.
- Be ready for lots of questions...or none: The person you are talking to might have lots of questions or they might feel uncomfortable and try to move the conversation on - if this happens it's still helpful that the first step has been taken.
- Have some information ready: Sometimes it's easier for people to find out more in their own time - so it might be useful to have some information to hand.
- Take up opportunities to talk: If someone asks you about your mental health, don't shy away, be yourself and answer honestly.
- Courage is contagious: Often, once mental health is out in the open people want to talk. Don't be surprised if your honesty encourages other people to talk about their own experiences.




Become a Time to Change Wales Champion!

If you are interested in becoming a champion, contact us on info@timetochangewales.org.uk

Who are we?

Time to Change Wales is the first national campaign to end the stigma and discrimination faced by people with mental health problems in Wales.

The Time to Change Wales campaign is led by Wales' three leading mental health charities Gofal, Hafal and Mind Cymru and is funded by the Big Lottery Fund, Comic Relief and Welsh Government.

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 facebook.com/ttcwales
 info@timetochangewales.org.uk

let's end mental health discrimination

time to change
Wales

Time to Change Wales Champions: Leading by experience

People with experience of mental health problems are at the heart of the movement to end mental health stigma and discrimination in Wales.

Find out how you can get involved.

www.timetochangewales.org.uk

Who are Time to Change Wales Champions?

The aim of the Time to Change Wales campaign is to end mental health stigma and discrimination in Wales.

Time to Change Wales Champions are people with experience of mental health problems who play a leading role in the campaign. By speaking out about their experiences they aim to change people's attitudes and behaviours, and reduce stigma and discrimination in their communities.

Becoming a Champion provides opportunities for people who would like to increase their skills and confidence whilst supporting different aspects of the campaign.

We have a Social Leadership team with Regional Coordinators who provide information and support to Champions. We'll keep you up to date with activities, as well as helping you to link up with a Champion's network to share your ideas for challenging discrimination.

"I've experienced stigma, so I'm becoming a Time to Change Wales Champion to help others in a similar position"

"Getting involved with Time to Change Wales gave me an opportunity to talk about the stigma and discrimination I have faced"

Get involved

There are many opportunities to lead the movement to end mental health stigma and discrimination as a Time to Change Wales Champion....

- Spread the word by raising awareness in your community using our free campaign materials.
- Organise an anti-stigma event in your local area or take part in an event that we are running.
- Get your employer to support the campaign by signing an organisational pledge.
- We have funded a number of projects led by people with experience of mental health problems to challenge stigma and discrimination within their own communities. There are opportunities for Champions to get involved with these projects.
- Time to Change Wales provides training and support to Champions to enable them to share their experiences by delivering talks to businesses and organisations across Wales.
- From time to time there are volunteering opportunities across the programme, from office-based administrative roles to helping out at local and national events.

Speak out

Speaking out about your experiences of mental health problems is one of the best ways of raising awareness, improving knowledge and changing people's attitudes. It breaks down stereotypes and takes the taboo out of something that affects us all.

There are several ways in which Time to Change Wales can help you can speak out....

- Start a conversation on our Facebook page.
- Write a blog post for the Time to Change Wales website.
- Join us on Twitter or tweet about mental health using #endstigma.
- Tell us your story, so we can use it to help spread the word.
- Film yourself talking about your experience of stigma for our website.

But you don't have to speak out publicly to make a difference. Simply opening up to a family member or friend can go a long way to breaking down stigma.

"When I was first diagnosed with a mental health problem I couldn't tell anyone about it. Now, when I tell people they often open up about their own experiences. Talking about mental health is the best thing I've ever done."