

Is your mind made up about mental illness?



Myth Mental health problems are very rare.

Fact Mental health problems affect 1 in 4 people.

**There are many myths about mental illness.
Get the facts.**



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.



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let's end mental health discrimination

time to change
Wales