Is your mind made up about mental

- Myth I don't know anyone with a mental illness.
- Someone you know or love has Fact experienced a mental illness.
- Myth People with mental health problems are different from normal people.
- Fact We all have mental health, just like we all have physical health.

- Myth It's best to leave people alone if they develop a mental health problem.
- Fact Most people with mental health problems want to keep in touch with friends, family and colleagues.

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

You can help, find out how at: www.facebook.com/ttcwales | www.timetochangewales.org.uk













