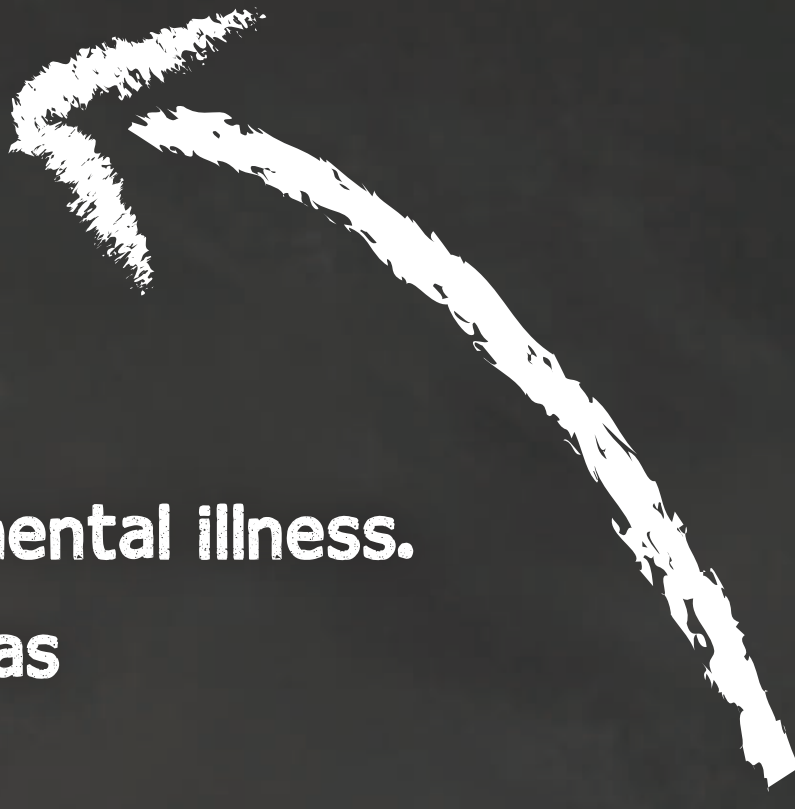


# Is your mind made up about mental illness?



**Myth** I don't know anyone with a mental illness.

**Fact** Someone you know or love has 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](http://www.facebook.com/ttcwales) | [www.timetochangewales.org.uk](http://www.timetochangewales.org.uk)