

let's end mental health discrimination

time to change

Wales

There are many myths
about mental illness.

GET THE FACTS.

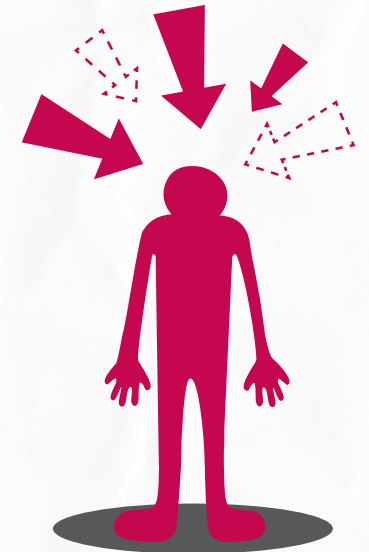
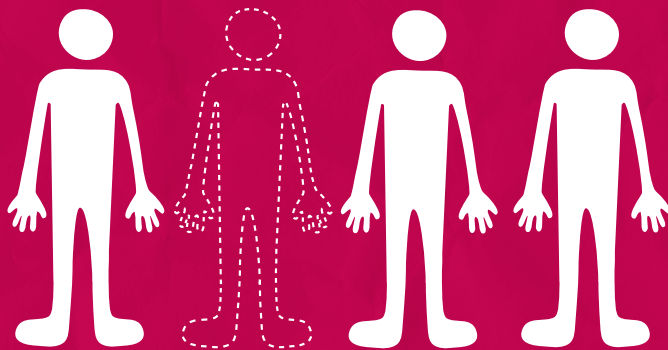
Is your mind made up about mental illness?

Myth

Mental health problems are very rare.

Mental health problems affect one in four people.

Fact



Myth

People with mental illnesses are violent and unpredictable.

People with mental illness are more likely to be a victim of violence.

Fact

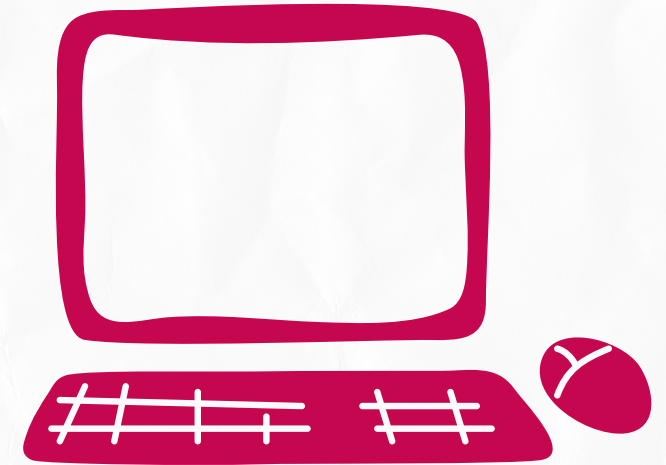
Myth

People aren't discriminated against because of mental health problems.

Nine out of ten people with mental health problems experience stigma and discrimination.

Fact

9  n 10



People with mental illness can't work.

Myth

You probably work with someone with mental illness.

Fact

People with mental health problems are different from normal people.

Myth

Fact

We all have mental health, just like we all have physical health.



People with mental illness never recover.

Myth

People with mental illness can and do recover.

Fact

Recovery

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.

**How
are
you?**

Myth

I don't know anyone with a mental illness.

Colleague

Mother Partner

Brother

Fact

Someone you know or love has experienced a mental illness.

Myth

After experiencing a mental health problem, people are weaker.

Fact

Many people who have gone through this actually feel stronger.



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.

Stigma and discrimination prevents **9 out of 10** people with mental health problems doing everyday things like going to the pub or the shops.

The fact is that you probably know someone with a mental health problem – a friend, family member or colleague. And you could make life better for them. This booklet has been produced to help you get the facts that you need.

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



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