

Chris was terrified of talking to his girlfriend about her depression.

For conjuring glass slippers, being a fairy godmother would help, but Ema just wants to talk.



Be extraordinary just by being a friend.

Don't be afraid to talk about mental health.

let's end mental health discrimination

time to change

Wales

Myth

There's nothing I can do to help someone with a mental health problem.

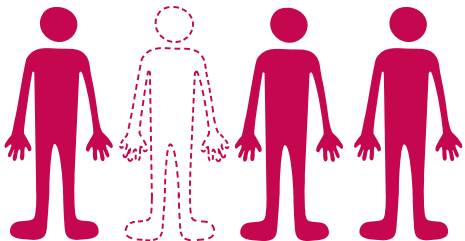
Fact

There's a lot you can do to help.

Fear or awkwardness stops lots of us from talking about mental health, but avoiding the subject isn't good for anyone.

Mental health problems are common, one in four of us will be affected in any one year. So being able to talk about mental health is something that is important for us all.

If someone you know has experienced a mental health problem you could make life better for them just by talking. You may feel like you don't know enough to be able to help but you don't need to be an expert on mental health to be a friend.

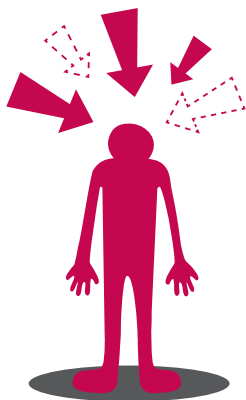


Just a few small words like **'How are you?'** or **'Are you ok?'** can get the conversation started and make a huge difference. By talking about mental health we can break down stereotypes; strengthen relationships with friends, family and colleagues; help people to recover and take the taboo out of something that affects everyone.

"I found it difficult to begin with to accept I had a problem because I was so frightened of the stigma. I was ashamed and embarrassed about having a mental illness."

9 out of 10 people with mental health problems experience stigma and discrimination in their everyday lives. There are lots of myths around mental illness that contribute to this stigma

...so it can help to get the facts.



"You don't have to be a psychologist or superhero. You just have to be there for people."

"The more you talk about it, the more you're open about it - it just helps so much."

Is your mind made up about mental illness?

Did you know?

- People with mental illness can and do recover.
- People with mental problems hold down successful jobs. You probably work with someone with a mental illness.
- For a lot of people, the fact that it's difficult to talk about mental health problems is one of the hardest parts of having a mental illness.
- Mental health problems affect 1 in 4 people. Chances are, someone you know or love has experienced a mental illness.

"No one would think anything different of you if you had a broken leg. Sometimes my mind gets a bit sick."



Talking about mental health

You don't need to be an expert to talk about mental health, just be a friend. Here are a few tips to get you started.



- **Take the lead:** If you know someone has been unwell, don't be afraid to ask how they are.
- **Don't avoid the issue:** If someone comes to you to talk don't brush it off - it may have been a really hard step for them to take.
- **Talk, but listen too:** Simply being there will mean a lot.
- **Avoid clichés:** Phrases like 'Cheer up', 'I'm sure it'll pass,' 'Pull yourself together' definitely won't help the conversation! Being open minded, non-judgemental and listening will.
- **Don't just talk about mental health:** Mental health is just one part of the person and people don't want to be defined by it. Make sure you continue to talk about the things you've always talked about.
- **Remind them you care:** Small things can make a big difference.
- **Be patient:** Ups and downs can happen.

Actions are important too, so think about staying in contact with a text, email or postcard to let someone know you are thinking about them.

Visit our website for more tips on how to start a conversation and keep in touch
timetochangewales.org.uk

People all across Wales are taking three simple steps to end mental health stigma:

1. **Step up.** Sign our pledge to end mental health stigma.
2. **Share** and follow us on Facebook, Twitter, Flickr and YouTube to help spread the word.
3. **Speak out.** Start a conversation about mental health.

Visit timetochangewales.org.uk/en/stepup

Visit our website timetochangewales.org.uk to:

- Get tips on talking about mental health
- Show your support by signing our pledge to end mental health stigma
- Find out what's happening near you

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

Join the conversation at:

 facebook.com/ttcwales

 [@ttcwales](https://twitter.com/ttcwales)



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