

## Talk to someone about their mental health problem.

Here are some pointers...

- **Take the lead:** If you know someone has been unwell, don't be afraid to ask how they are.
- **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 avoid the issue:** If someone comes to you to talk don't brush it off - this can be a really hard step to take.
- **Stay in touch:** Actions are important too so stay in touch with a text, email or postcard and let someone know you are thinking about them.

**A few small words can make a big difference.**

**Don't be afraid to talk about mental health.**

## 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.

Is your mind made up about mental illness?

**Myth** Mental health problems are very rare.

**Fact** Mental health problems affect 1 in 4 people.

 @ttcwales  
 facebook.com/ttcwales  
info@timetochangewales.org.uk

let's end mental health discrimination  
**time to change**  
**Wales**

You can help, find out how  
timetochangewales.org.uk





**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.

There are lots of myths surrounding mental illness and it can sometimes 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.

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.

## It's time to talk...

Many people find it difficult to talk about mental health. But one in four of us will be affected by a mental health problem, so being able to talk about it is something that is important for us all.

Whether it's fear or awkwardness about talking to someone we know about their mental health or talking about our own mental health, avoiding the subject isn't good for anyone.

## What you can do to help

- Be there to talk and to listen.
- If someone talks to you, acknowledge their problem and let them know you're there for them.
- Make time to stay in touch. Call, visit or invite your friend round - carry on with whatever you normally do.
- Ask the person how you can help - people will want support at different times in different ways.
- Keep in mind that having a mental health problem is just one part of the person. People don't want to be defined by their mental health problem.
- Think about the words you use. Words like nutter, crazy and psycho can hurt.

let's end mental health discrimination

**time to change**

**Wales**