

# time to change

let's end mental health discrimination

Mental health problems affect 1 in 4 of us in any year.

It's surprisingly common isn't it? Yet too many people are still made to feel **isolated**, **ashamed** and **worthless**, simply for being unwell.

Being open to mental health problems is good for everyone and it's easier than you might think. Talking to each other, **your conversations**, are what matter if we are going to break down the barriers of stigma and discrimination which exist around mental health. And the good news is you don't need all the answers.

## Top tips to start / help your conversations:

### Show you're willing



Just being there means a lot.

### Step up



Make a brew, text, take a walk. Small things go a long way.

### Listen, don't judge



Talking is important. So is a friendly ear.

### Be patient



Good days and bad days happen.

### Be yourself



Talking about everyday things helps. You don't have to fix this.

### Support



Remember, professional support options are out there.