



# CHALLENGE MENTAL HEALTH STIGMA

Honestly, do you feel comfortable to speak to your work colleagues or line manager about your mental health? Do you feel comfortable approaching a colleague about their mental health? If you answered “No” to both or either questions, then it is **time to change**.

**“If you want to make the world a better place, take a look at yourself and make a change” (Man in the mirror, Michael Jackson).**



How can we make our **immediate workplace** a non-judgmental and friendly environment to talk about Mental Health?

1) Put mental wellbeing on team meeting agendas.

*\*Below is a few resources to help get you and your colleagues talking\**

Quiz on Mental Health facts:

<http://www.time-to-change.org.uk/sites/default/files/Time-to-Talk-Day-Pub-Quiz.pdf>

Mental Health Myths/ Truths:

[http://www.time-to-change.org.uk/sites/default/files/TtC%20quiz%20cards\\_0.pdf](http://www.time-to-change.org.uk/sites/default/files/TtC%20quiz%20cards_0.pdf)

NR Wellbeing Portal:

<https://www.safety.networkrail.co.uk/healthandwellbeing/Mental-Wellbeing/Time-to-change/Pledge-resources>

2) Be the colleague and friend that you would want to work with and have.

- Make a point of taking a few minutes to ask someone “How they are?” and *wait for the answer.*
- Respectfully and consistently **challenge** inappropriate comments and behaviors. Quite often we become “deaf” to the language we use and how it can push colleagues and friends into silence.
- Before you say something about someone behind their back, ask yourself “if what I’m about to say was read on the 6pm news tonight, would I be happy and able to stand by my words?” If the answer is “No”, then it is best to keep quiet.

## The reality is:

- Everyone has Mental Health
- Mental Health is everyone's responsibility



The poster features a purple background with white and red text. On the left, it says 'time to change' in a red banner, followed by 'time to talk day 2016' in a blue banner, and 'let's end mental health discrimination' in small white text. Below this, it states '1 in 4 people experience a mental health problem in any year.' and 'We'll be supporting Time to Change this Time to Talk Day to help get the nation talking'. At the bottom left is the website 'www.time-to-change.org.uk/timetotalkday'. On the right, a red speech bubble contains the text 'Time to Talk Day is on 4th Feb', and next to it is a white calendar icon showing the number 4.

time to change  
time to talk  
day 2016  
let's end mental health discrimination

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We'll be supporting Time to Change this Time to Talk Day to help get the nation talking

[www.time-to-change.org.uk/timetotalkday](http://www.time-to-change.org.uk/timetotalkday)

Time to Talk Day is on 4th Feb

Time to Change is run by Mind and Rethink Mental Illness, and funded by the Department of Health, Comic Relief and the Big Lottery Fund.