



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

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

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

1 in 4 people experience a mental health problem in any year.

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

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.