

Information about 'Time To Talk'

Animation

<https://www.youtube.com/watch?v=knJAxigkm1Y&feature=youtu.be>

Myths/facts

There are lots of myths about mental health. Knowing a few facts can help us to challenge any negative thoughts and actions.

Here are some to think about:

- **Myth:** Mental health problems are very rare.
- **Fact:** 1 in 4 people will experience a mental health problem in any given year.

- **Myth:** People with mental illness aren't able to work.
- **Fact:** We probably all work with someone experiencing a mental health problem.

- **Myth:** Young people just go through ups and downs as part of puberty, it's nothing.
- **Fact:** 1 in 10 young people will experience a mental health problem.

- **Myth:** People with mental health illnesses are usually violent and unpredictable.
- **Fact:** People with a mental illness are more likely to be a victim of violence.

- **Myth:** People with mental health problems don't experience discrimination
- **Fact:** 9 out of 10 people with mental health problems experience stigma and discrimination.

- **Myth:** It's easy for young people to talk to friends about their feelings.
- **Fact:** Nearly three in four young people fear the reactions of friends when they talk about their mental health problems.

For more in-depth information, you could read our research, reports and guidelines on:

- [The effect of stigma and discrimination](#)
- [Attitudes towards mental illness](#)
- [The impact of our campaign](#)
- [Media guidelines](#)

Opening up to mental health

Someone you know will have a mental health problem right now – a family member, your friend, your workmate. He or she just might not know how to tell you.

Being open to mental health can break down any stigma surrounding it. You don't have to be an expert to talk and to listen, and often it's the little things that make a big difference.

Hear what Matt and Tim, Yvonne and Birgit, and Becky and Jo have to say about opening up to mental health, below:

Matt and Tim

Tim: "When I was feeling down, the phone would go and it'd be a text from Matt, or a phone call or an email, or a stupid joke. He's got an endless supply of really rubbish jokes, so that always made me smile. Just having someone there is really important."

Types of problems

Learning a few things about mental health problems might help you to feel more confident about talking and listening.

This is not an exhaustive list. But you can find out more about symptoms and treatments by clicking on the links, or by visiting the websites of our partners [Rethink Mental Illness](#) and [Mind](#).

[Anxiety](#)

Anxiety disorders happen when someone has feelings of anxiety that are very strong or last for a long time. [Find out more about anxiety disorders and read blogs about anxiety.](#)

[Bipolar](#)

Bipolar disorder is characterised by the experience of swings between low mood and high, manic mood, usually with more normal phases in between. [Find out more about bipolar disorder and read blogs and personal stories.](#)

[Depression](#)

Depression is characterised by the persistence of feelings of sadness or misery. [Find out more about depression and read blogs and personal stories.](#)

[Eating disorders](#)

Eating disorders can occur when someone has a relationship with food that they find difficult. [Find out more about eating disorders and read blogs and personal stories.](#)

[Obsessive-compulsive disorder](#)

Obsessive compulsive disorder (OCD) is an anxiety disorder where unwanted thoughts, urges and repetitive activities become an obstacle to living life as someone wants to. [Find out more about obsessive-compulsive disorder and read personal stories.](#)

[Personality disorders](#)

Someone might have a personality disorder if their personality traits cause regular, long-term problems in the way they cope with life. [Find out more about personality disorders and read personal stories.](#)

[Schizophrenia](#)

Schizophrenia is a mental illness that occurs when the parts of the brain that are responsible for emotion and sensation stop working properly. [Find out more about schizophrenia and read personal stories.](#)