

#TimeToTalk

TRUE OR FALSE

Use these statements to get people thinking and talking about mental health problems.

You could even make it interactive. Write 'True' on a sheet of paper and 'False' on another and put them at different ends of the room. Read each statement out loud and ask people to choose whether to stand on the 'True' sheet or 'False' sheet.

Once everyone has made their choice, you can read the answer and reason. Alternatively, people can raise their hands to indicate their choice.

“ Time to Talk Day is the perfect opportunity to start a conversation about mental health. ”

Run by



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time to change Wales

time to talk day

01/02/24

let's end mental health discrimination

In partnership with



STATEMENT

TRUE OR FALSE

REASON

“Nowadays, mental health is accepted and talked about positively.”

FALSE

Mental health stigma and discrimination is still a big problem - from portrayals in the media to getting support. By taking part in Time to Talk Day, you can help normalise talking about our mental health.

“Someone with a mental health problem will never recover.”

FALSE

It is possible to recover from mental health problems, and many people do - especially after accessing support.

“Financial problems and your mental health can be related.”

TRUE

Poor mental health can make earning and managing money harder. And worrying about money can make your mental health worse.

“Young people don't experience mental health problems.”

FALSE

9 in 10 people aged 16-24 would tell friends and family they were 'fine', even if they were struggling with a mental health problem.

“The only person who can help someone with a mental health problem is themselves.”

FALSE

You can help a friend with a mental health problem. Don't be afraid to ask how they are. Try to be non-judgemental and listen, spend time with them and ask how you can help.

“Your mental health can change, just like your physical health.”

TRUE

Like physical health, mental health can get better and it can get worse. Look after it by connecting with people, keeping active, taking notice of things around you, learning new things and giving to others.

“It's okay to describe somebody with a mental health problem as 'crazy', 'weird', 'odd' or 'mad'.”

FALSE

This is not the right way to refer to someone with a mental health problem. It might even make them feel worse. It's better to say they are 'a person experiencing a mental health problem'.