

#TimeToTalk

True OR **False**

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

Make it active by writing '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.

Make space in your day for a conversation about mental health this Time to Talk Day.



In partnership with



STATEMENT

TRUE OR FALSE

REASON

Young people don't experience mental health problems.

False

Young people and adults both experience mental health problems. Many issues start from a very young age and 9 in 10 of 16-24 year olds would tell friends and family they were "fine" even if they were struggling.

Someone with a mental health issue can never get better.

False

With the right help and support, it is possible for people with mental health issues to feel better, and have a journey of recovery.

There is nothing I can do to help somebody with a mental health problem.

False

You can help a friend with a mental health problem by checking up on them, spending time with them and listening to them, without judging them.

Most people who are worried about their mental health go and see a doctor.

False

Approximately only 1 in 8 adults with a mental health problem are currently getting any kind of treatment.

Mental health is just like 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.

Many different people can help you with your mental health.

True

You can speak to a teacher, parent, carer or a health professional.

Financial problems and your mental health are unrelated.

False

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

It is 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 as it might make them feel worse. It is better to say that they have a 'mental health issue', or to use a specific term like 'depressed', if you know what the problem is.