We are Time to Change, a growing movement of people changing how we all think and act about mental health problems.

Get involved today
@timetochange
/timetochange
time-to-change.org.uk

time to change
let's end mental health discrimination

Show you’re willing
Just being there means a lot.

Listen, don’t judge
Talking is important. So is a friendly ear.

Step up
Make a brew, text, take a walk. Small things go a long way.

Be patient
Good days and bad days happen.

Be yourself
Talking about everyday things helps. You don’t have to fix this.

Support
Remember, professional support options are out there.
Mental health problems affect 1 in 4 of us in any year.

Surprisingly common, isn't it?
Yet too many people are still made to feel isolated, ashamed and worthless.

Being open to mental health problems is good for all of us.
And it's easier than you might think.

Your conversation matters.
Any time, any place. You don't need all the answers.