

**time to change**

**Wales**

# How we talk about TTCWales

## Who are we?

Time to Change Wales is the first national campaign to end the stigma and discrimination faced by people with mental health problems in Wales. The campaign is being led by Wales' three leading mental health charities Gofal, Hafal and Mind Cymru and is funded by the Big Lottery Fund, Comic Relief and the Welsh Government.

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## The problem

Mental health problems affect 1 in 4 people, yet mental illness is surrounded by prejudice, ignorance and fear. Despite attitudes about sexuality, ethnicity and other similar issues improving, discrimination against people with mental health problems is still widespread.

Negative attitudes towards people with mental health problems make it harder for them to work, make friends and in short, live a normal life. People become isolated and may be reluctant to seek help, which makes recovery slower and more difficult. Many people say that being discriminated against at work and in social situations can be a bigger burden than the illness itself. It has an impact on society and the economy too, people are denied the opportunity to work and prevented from playing an active role in their communities.

## The solution

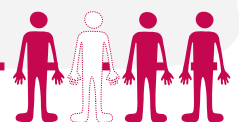
We want to create a mass movement to deliver social change, improving knowledge, attitudes and behaviour. We plan to do this through a wide range of projects that engage people in all sectors and communities, including:

- A high profile marketing campaign.
- Community activities that bring people with and without mental health problems together.
- Training led by people with experience of mental health problems.
- A network of supporters who will challenge discrimination in their own communities.
- Creating resources for community groups, organisations and employers.

You can help to end stigma and discrimination in Wales. Take action now by:

- Signing our pledge.
- Sharing and following on social media
- Speaking about mental health

Check out [www.timetochangewales.org.uk](http://www.timetochangewales.org.uk) to find out more.



**It's time to talk about mental health.**