

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.

Get comfortable and start talking about mental health this Time to Talk Day.

#TimeToTalk



STATEMENT	T/F	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.
“ The general public is happy to talk about mental health.”	FALSE	Research from Time to Talk Day 2024 revealed that nearly two thirds of people surveyed in the UK put a brave face on to avoid talking about their mental health.
“ 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 are more willing to talk about mental health.”	FALSE	Young people are even more likely to bottle up their feelings. Our Time to Talk Day 2024 survey showed that 69% of 16-24 year-olds report putting on a brave face, compared to 28% of over-75s.
“ 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, your 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.
“ The language we use can enforce negative stereotypes about mental health.”	TRUE	Casual and slang use of phrases associated with mental health (e.g. 'maniac', 'mad', 'nuts' or 'psycho') can trivialise what it's like to have a mental health problem and could stop people from seeking help.
“Events in the news can have an impact on our mental health.”	TRUE	Some news can highlight a difficult reality and coverage can seem constant through 24-hour TV, news websites and social media. For many of us, these issues aren't only in the headlines – they impact our daily lives. Events may affect each of us differently depending on our own views and experiences.