

TIME TO TALK AND WALK!



8 QUESTIONS

4 CHALLENGES



? CONVERSATIONS

Conversations about 'mental health' can be difficult, but little things like talking to a friend, paying attention to how we feel and what makes us happy, and staying active can improve our day-to-day mental health and emotional wellbeing.

So grab this quiz, go for a walk with a friend, answer the questions and complete the challenges. Get some gentle exercise and find Time to #TalkAndWalk!

1. How many people in the UK will experience a mental health problem every year?
1 in 4 - 1 in 8 - 1 in 2

2. What proportion of people with mental health problems experience stigma?
90% - 10% - 50%

Challenge - look around you. What do you notice that you that makes you feel happy? A colourful flower, a friend you're doing the walk with? If you have a camera, take a selfie of how you're feeling today.

3. Which country's Prime Minister was re-elected in 2001 after publicly taking time off for depression? Mexico - Norway - Poland

4. How long do the majority of people with a mental health problem wait before telling their closest family and friends about it? 2 months - Over a year - 7 months



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2. 90% – Time to Change research shows that up to 90% people with mental health problems experience some form of stigma, whether from friends and family, at work, in education or during treatment.

3. Norway – Norwegian Prime Minister Kjell Magne Bondevik announced in 1998 that he was experiencing a depressive episode, and took three weeks of sick leave, before returning to office. Bondevik said he received thousands of supportive letters.

4. Over a year – A Time to Change survey showed that 60% of people with a mental health problem waited over a year to tell the people closest to them about it.

5. Winston Churchill – Churchill lived with depression that he described as his “black dog”.

6. Serve as an MP – Before 2013, people who had been sectioned for more than 6 months were not eligible to be elected as a Member of Parliament. In addition, before the Act became law, people currently receiving treatment for mental health problems could not serve on juries, and company directors could be removed because of a mental illness.

7. 65% – Time to Change’s 2014 ‘State of Stigma’ survey showed that 65% of people with mental health problems experienced stigma in their friendships. Additionally, 57% reported stigma in their family life, and 38% said they had experienced it in dating and relationships.

8. People with OCD experience intrusive obsessional thoughts, often followed by repetitive compulsions – Obsessive-compulsive disorder is one of the most misunderstood mental illnesses – many people believe that OCD is a character trait that encourages cleanliness and order, and that everyone has it. In reality, it’s a mental illness based on obsessions and compulsions that can have a serious impact on the people that experience it. Around 1% of the population will experience OCD.

Challenge – can you put together a self-care plan for when you're feeling down? This can a list of things to do that make you feel better, a reminder to take notice of little things or a message you send to a trusted friend to let them know you could do with cheering up.

8. Which of these statements is the most accurate?
- People with OCD experience intrusive obsessional thoughts, often followed by repetitive compulsions
 - People with OCD just like things to be clean and tidy
 - Everyone is a little bit OCD

7. What proportion of people with mental health problems reported stigma affecting their friendships? 44% – 65% – 15%

Challenge – tell the person you're walking with how you're feeling and the reason you're feeling this way. Where in your body can you feel this feeling, and is it positive or negative? Learning to acknowledge and recognise feelings can improve our emotional wellbeing.

6. Before the Mental Health Discrimination Act was signed into law in 2013, what were some people with mental health problems prohibited from doing?
Represent Britain at the Olympics – Serve as an MP – Be a psychologist

5. Which of these UK Prime Ministers experienced mental health problems?
Gordon Brown – Margaret Thatcher – Winston Churchill

Challenge – tell the person you're walking with, or just think about what you do to make yourself feel better when you're stressed. Do you read, do craft, or go for a walk? What is it that makes you smile the most?