

Time to talk day 2016

There has always been a stigma attached to the issue regarding mental health, with many people facing discrimination due to the fact that it is not a physical illness that people can see and sympathise with. Mental illness is very common and affects 1 in 4 people every year, making it a prominent illness that everyone has the responsibility to educate themselves about, before making assumptions regarding a person.

Many people experiencing mental health have this attached stigma to them, and problems are made worse by the discrimination they experience not only from society, but also from families, friends and employers. This can have a massive negative impact on their lives, and their personal progress into feeling better.

Time to Talk day is an event that happens annually on the 4th February. It's a day to talk about mental health with friends, family, in the work place. As people we need to learn when someone asks you "how are you?", it's okay to reply with what you think and really feel, instead the usual line of "I'm good thanks, you?". So this 4th of February get involved in the nation's biggest day of talking, even if it's catching up with someone and having a cuppa. Let's stand up to stigma.