#TimeToTalkDay

TRUE OR FALSE

Use these statements to get your young people thinking and talking about mental health problems.

Make it active by writing '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 the young 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 young people can raise their hands to indicate their choice.

However you do it, have a conversation about mental health this Time to Talk Day.

time to talk day
03/02/22

See Me
End mental health discrimination

In partnership with
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Run by
SAMH
for Scotland's mental health

Mental Health Foundation Scotland

healthier scotland
SCOTTISH GOVERNMENT

STATEMENT	TRUE OR FALSE	REASON
Young people don't experience mental health problems.	False	Young people and adults both experience mental health problems. Many issues start from a very young age.
1 in 10 young people experience a mental health problem.	True	There is a chance that someone you know is experiencing a mental health problem.
There is nothing I can do to help somebody with a mental health problem.	False	You can help a friend with a mental health problem by checking up on them, spending time with them and listening to them, without judging them.
Most people who are worried about their mental health go and see a doctor.	False	In fact, only 4% of young people visit their doctor to get help with their mental health
Mental health is just like physical health.	True	Like physical health, 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.
Many different people can help you with your mental health.	True	You can speak to a teacher, parent, carer, a health professional or someone you trust in your community.
Someone with a mental health problem can never get better.	False	Anyone with a mental health problem can make a full recovery and feel better. All they need is help and support.
It is okay to describe somebody with a mental health problem as 'crazy', 'weird', 'odd', or 'mad'.	False	This is not the right way to refer to someone with a mental health problem as it might make them feel worse. It is better to say that they have a 'mental health problem', or to use a specific term like 'depressed', if you know what the problem is.