

# #TimeToTalk

## 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.

“ Time to Talk Day is the perfect opportunity to start a conversation about mental health. ”

**time to talk day**  
01/02/24

**See Me**  
End mental health discrimination

See Me is run by

**SAMH**  
Scottish Action for Mental Health

Mental Health Foundation Scotland

Healthier Scotland  
Scottish Government

In partnership with

Co-op

STATEMENT	TRUE OR FALSE	REASON
“Nowadays, mental health is accepted and talked about positively.”	<b>FALSE</b>	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.
“Someone with a mental health problem will never recover.”	<b>FALSE</b>	It is possible to recover from mental health problems, and many people do - especially after accessing support.
“Financial problems and your mental health can be related.”	<b>TRUE</b>	Poor mental health can make earning and managing money harder. And worrying about money can make your mental health worse.
“Young people don't experience mental health problems.”	<b>FALSE</b>	9 in 10 people aged 16-24 would tell friends and family they were 'fine', even if they were struggling with a mental health problem.
“The only person who can help someone with a mental health problem is themselves.”	<b>FALSE</b>	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.”	<b>TRUE</b>	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.
“It's okay to describe somebody with a mental health problem as 'crazy', 'weird', 'odd' or 'mad'.”	<b>FALSE</b>	This is not the right way to refer to someone with a mental health problem. It might even make them feel worse. It's better to say they are 'a person experiencing a mental health problem'.