

Free local training

time to change
greenwich

let's end mental health discrimination

Become a Time to Change Champion

1 in 4 people are affected by a mental health problem in any year



time-to-change.org.uk

#TimetoTalk

1 in 4 of us will experience some type of mental health problem this year, yet many feel ashamed or isolated because of the stigma and discrimination they experience.

Time to Change is a growing movement of people changing how we all think and act about mental health. For ten years, Time to Change has been working across schools, employers, the media and communities to fight this stigma and discrimination.

What is a Time to Change Champion

Time to Change Champions use their experience of mental health problems to change the way people think and act about mental health.

Being a champion is **flexible and voluntary**. You can do what you have time for, and what you're comfortable doing. **This might include:**



Talking about mental health and your experience with people around you - your mum, a mate, the postman.



Telling your story and campaigning online, from home, or in the media



Running a Time to Change activity in places like cafés, train stations or in your workplace



Speaking up when people say stereotypical or damaging things about mental health

Time to Change in Greenwich

In Greenwich people with experience of mental health issues are coming together to change attitudes and understanding around mental health. By working as Time to Change Champions you can help lead the way in tackling stigma and discrimination across the borough. A range of local partners including the Royal Borough of Greenwich and local mental health and community organisations are committed to supporting this work.

I'm interested - what next?

Go to time-to-change.org.uk/champions to get more information, sign up as a Time to Change Champion and access free, local training to help you get started. For more information about Time to Change Greenwich, please email mental-health-wellbeing@royalgreenwich.gov.uk.



Build skills, experience and confidence in areas like public speaking, planning events and using social media.



Meet and campaign alongside like-minded people in your community.



Become part of the **campaign** by using your own voice, experience and ideas to change people's attitudes towards those of us with mental health problems.