

## Free local training to become a Time to Change Champion



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

**Time to Change** (supported by mental health charities Mind and Rethink) is a growing movement of people changing how we all think and act about mental health problems. For the last 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:

**Having conversations** about mental health with the people around you – your mum, a mate or the postman – and talking about your experience

**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 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?

- There will be a free optional drop-in Time to Change Champion information session in at **Stir Café** in Woolwich (23 Anglesea Road, SE18 6EG) on the 6<sup>th</sup> of March 2019 from 1pm. You'll be able to find out more about being a Champion and how it could fit with what you want to do.
- Go to [www.time-to-change.org.uk/](http://www.time-to-change.org.uk/) to get more information, sign up as a Time to Change Champion and access free, local training to help you get started. Local training sessions will be running from March 2019.

✓ **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** through using your own voice, experience and ideas to change people's attitudes towards those of us with mental health problems.