

time to change leicester

let's end mental health discrimination

Thank you for supporting the **Time to Change Leicester** campaign.

This resource pack has been developed as part of our year-long campaign which aims to challenge attitudes towards mental health by kick starting conversations about mental health across our communities. Our first focus is men: men are far less likely to seek help for a mental health problem.

Mental health problems are common in Leicester and are estimated to affect one in four people. It is likely that you know someone with a mental health problem – be it at work, in your friendship group or in your family.

The National Time to Change Campaign

Time to Change is the biggest programme to challenge mental health stigma and discrimination across England.

The campaign aims to improve public attitudes towards people with mental health problems by reducing discrimination across society, particularly within schools, workplaces, communities and social settings. It also aims to increase the confidence and ability of people with mental health problems to address discrimination and improve the social capital of people with mental health problems.

Time to Change Leicester

Throughout the year Time to Change Leicester will campaign to challenge attitudes towards mental health across the City. We will be working with schools, workplaces and communities to change the way we think and act about mental health.

It is the aim of the campaign to support people who are experiencing or have experienced mental health problems to run events and projects that challenge stigma in their communities.

This pack contains campaign materials including posters and drink mats for you to display and use within your organisation. Please use these free resources to help us challenge mental health stigma and discrimination within your organisation. A range of downloadable campaign resources and how to place an order for print materials is also available on our website.

To find out more information about Time to Change Leicester and how you can get involved, visit www.leicester.gov.uk/mentalhealth

Thank you for your support, together we can end stigma.

Yours Sincerely,



Rory Palmer
Deputy City Mayor & Chair, Leicester Health & Wellbeing Board

Let's talk about mental health leicester.gov.uk/mentalhealth

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 @Leicester_News
#endstigma

time to change
leicester
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healthy
city


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