

## Time to Talk Day Group and Activities Sheet



Time to talk day is a campaign to have conversations about mental health. Below are some ideas to get you started talking about mental health with your friend, colleagues or groups:

- Swap skills, ideas and share your experiences of mental health and why tackling stigma is important. See [Time to Change's Conversation starter](#) for simple ideas
- Organise coffee morning with colleagues
- Play [time to talk Bingo](#)
- Share some of these myth busting quiz listed below on social media or in a group setting using Kahoot see below
- Visit Time to Change for more ideas and information about taking part in Time to Talk Day.

### MYTH BUSTING QUIZ

1. How many people in the UK will experience a mental health problem every year?1 in 4, 1 in 8, 1 in 2?

2. Which of these is a common symptom of schizophrenia? Violent Behaviour, Split Personality, **Hallucinations and delusions.**

Many believe that people with schizophrenia are likely to commit violence – however, most people with schizophrenia do not commit violent crimes, and are more likely to be victims of violence than perpetrators. Similarly, there is a common misconception that schizophrenia leads people to have split personalities, when this is not the case. In reality, schizophrenia's most common symptoms are hallucinations, delusions and hearing voices.

3. What proportion of people with severe mental health problems have been victims of a crime in the previous year? 12%, 28%, **45%.**
4. What proportion of people with mental health problems experience stigma? **90%**, 10%, 50%.

Research shows that up to 90% people with mental health problems experience some form of stigma, whether from friends and family, at work, in education or during treatment.

5. How many people will experience suicidal thoughts throughout their lifetime? **17%**, 2%, 33%
6. Which country's Prime Minister was re-elected in 2001 after publicly taking time off for depression? Mexico, **Norway**, Poland

Norwegian Prime Minister Kjell Magne Bondevik announced in 1998 that he was experiencing a depressive episode, and took three weeks of sick leave, before returning to office. Bondevik said he received thousands of supportive letters.

7. What proportion of people with mental health problems believe that workplace stress contributed to their illness? 1 in 5, 1 in 3, **2 in 3.**

Two thirds of people with mental health problems believe that long hours, unrealistic workloads or bad management either caused or exacerbated their condition.

8. How long do the majority of people with a mental health problem wait before telling their closest family and friends about it? 2 months, **over a year**, 7 months.

A Time to Change survey showed that 60% of people with a mental health problem waited over a year to tell the people closest to them about it.

For more information about Time to Talk campaign visit [the website](#) or contact [Monica Hill](#) or [Swabrina](#)