

Have you **clicked**?



...that those recovering from serious mental illness are just ordinary people taking **positive steps** towards better health?

1 in 30 of us experience a serious mental illness like **schizophrenia** or **bipolar disorder** and need to make progress towards recovery.

Yet people with a mental illness are still subject to prejudice on a **daily basis**. And prejudice can stop people getting on with their lives by excluding them from jobs, social activities, education, etc.

How can I help?

Here's a **five-point plan**...

1. **Find out more about mental health issues** – visit www.hafal.org and www.mentalhealthwales.net or Email us at hafal@hafal.org.
2. **Talk about mental health with your family and friends** – bringing the issues out into the open will help prevent prejudice and promote understanding.
3. **Ask questions** about what your employer, your local school and others are doing to promote mental health and to support people who have mental health problems.
4. **Politely challenge** those who stigmatise people with mental illness in the press and media – and elsewhere.
5. **Approach politicians and policy makers** – including councillors, Assembly Members and MPs – asking them to give priority to tackling prejudice against people with mental illness.

And of course if you think you are experiencing mental health problems please don't hesitate to visit your doctor.

Suite C2, William Knox House, Britannic Way, Llandarcy,
Neath SA10 6EL

Tel: 01792 816600 Email: hafal@hafal.org

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*for people
with severe
mental illness*