

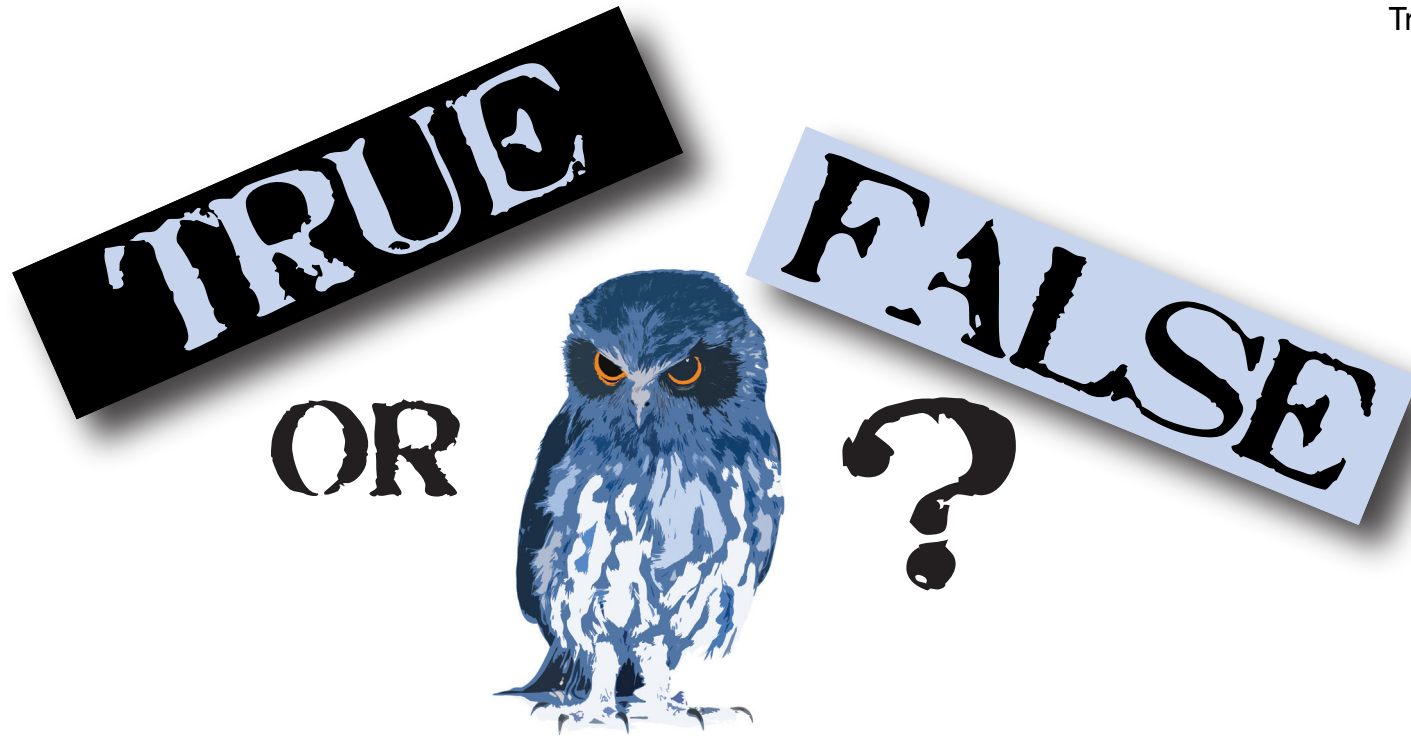


**1 in 10 young people in the UK has a
mental health problem.**

TRUE

As with adults, depression and anxiety are the most common mental health problems that young people experience, along with behaviour disorders.

Time to Change campaign 2013



**People who are very intelligent
are at higher risk of developing mental
health problems.**

FALSE

**There is no link between
intelligence and risk
of mental health problems.**



Bipolar Disorder is very common.

FALSE

Only about 1 in every 100 adults in the UK are diagnosed with Bipolar Disorder. Media coverage can make it seem more common than it is.



People can't work if they have
a mental health problem.

FALSE

Many people with mental health problems do work.



**Some parents never talk to their children
about mental health.**

TRUE

**1 in 4 parents have never spoken
to their children about mental health.**

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**People with severe mental health
problems are often dangerous
and violent.**

FALSE

People with mental health problems are at far higher risk of harming themselves than other people. Only a very small number of people with some mental illnesses pose a danger to the public.



If I want counselling I have
to ask my GP.

FALSE

but 'true' may sometimes be correct!

GPs can refer you to talking therapies, but you don't always have to go through your doctor.

In Islington and Camden, adults can refer themselves to iCope, a free NHS talking therapy service*. There are also free youth counselling services locally.

* You need to be registered with a local GP to refer yourself to iCope.

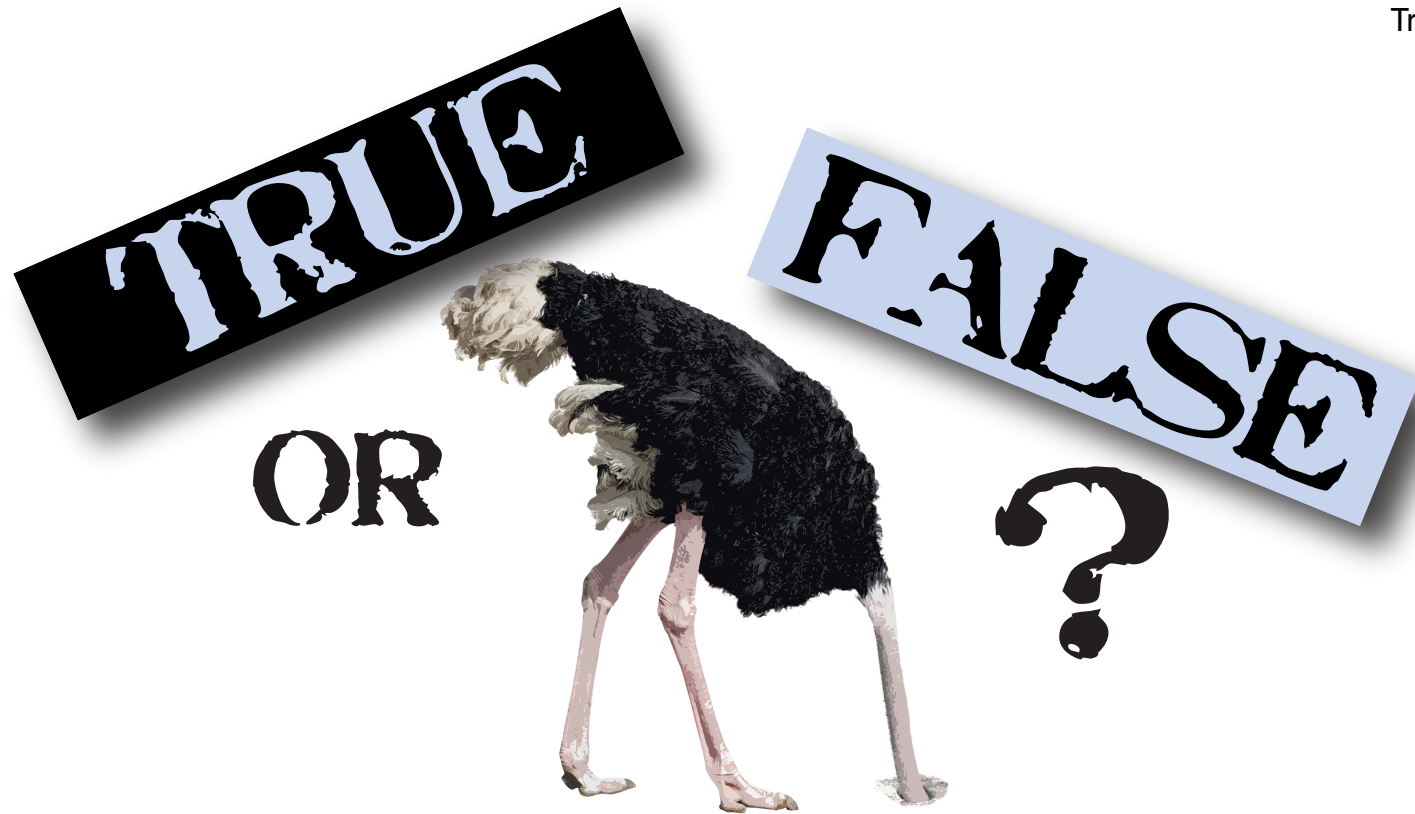


Texting, phoning regularly and inviting people out socially can really help someone who is suffering from depression and other mental health problems.

TRUE

**Keeping in contact with your friend,
even if they don't answer your texts or won't
meet you, can really help someone
suffering from depression.**

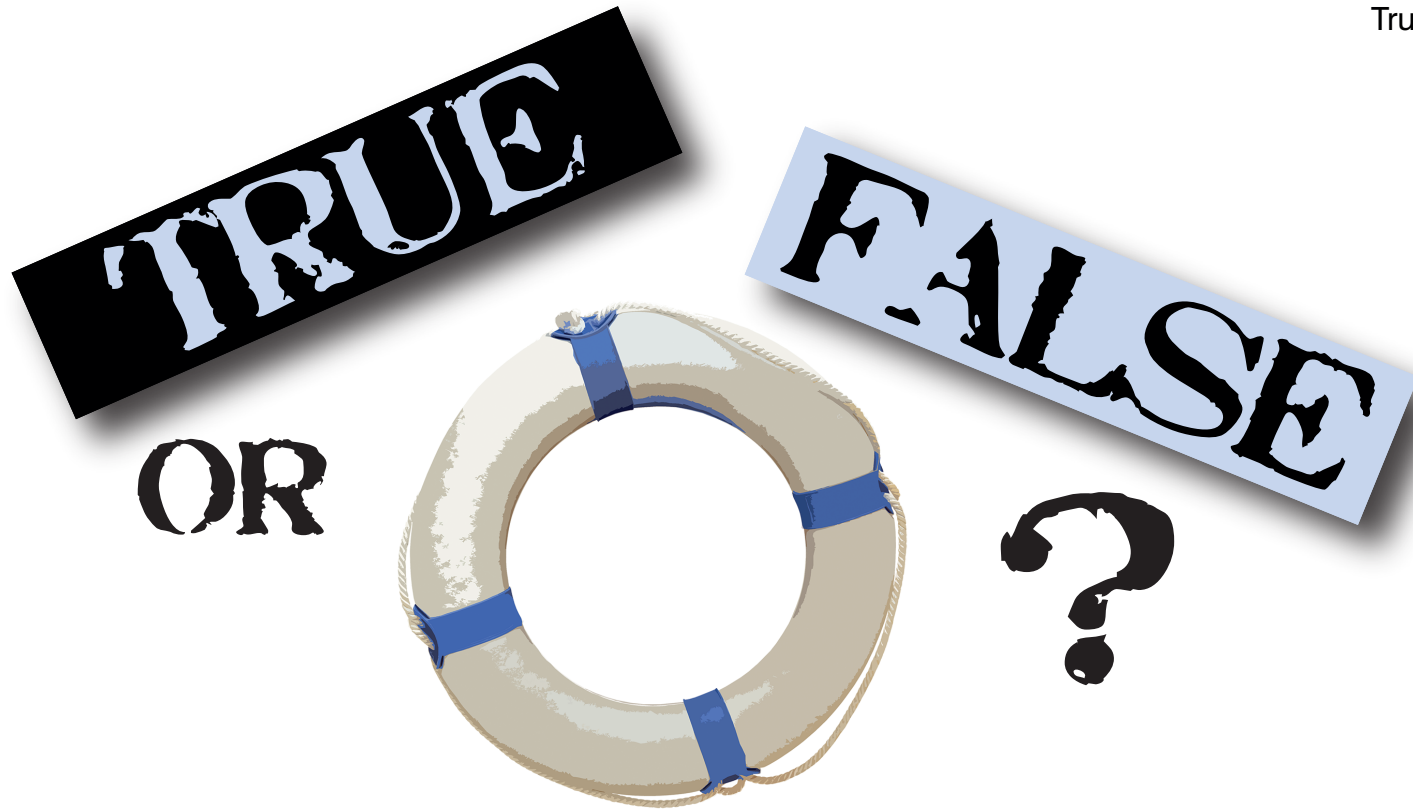
Don't give up on them!



If someone is depressed, they need to forget about how they are feeling. So don't ask how they are, just talk about other things.

FALSE

It's good to ask *'How are you?'*
Don't be afraid to do this, but be prepared
to listen if they want to talk.
Talking about ordinary things is
important as well.



You should never talk to someone who may be feeling depressed about suicide, as this may encourage them to attempt suicide.

FALSE

Talking to someone who is feeling suicidal can help reduce the risk of them actually harming themselves.
Talking to them might actually help save their life.