

Mental health problems affect one in three of us, yet people are still **afraid to talk about it**. Time to Talk Day encourages everyone to talk about mental health.

Having conversations about mental health helps **break down stereotypes, improve relationships, aid recovery** and **take the stigma out** of something that affects us all. There are lots of different ways to have a conversation about mental health. And you don’t have to be an expert to talk.

However you do it, make sure you have a conversation about mental health this [Time to Talk Day](https://www.time-to-change.org.uk/get-involved/timetotalkday2019).