

**'Such a huge relief
just to chat and not to
be judged...'**

**3 out of 4 people with mental health issues
experience stigma and discrimination.
And most of us are completely unaware.**

The good news is we can ALL make a difference.

Below are 5 simple things you can do to help **#StampedeStigma**

- 1 Learn** about mental health
- 2 Be aware** of your language
- 3 Call out** stigmatising language
- 4 Connect** with others
- 5 Treat** mental and physical health equally

stampedestigma.org
[#StampedeStigma](https://twitter.com/StampedeStigma)



A WELLWAYS INITIATIVE