



The University made a public commitment in June 2013 to tackle mental health stigma and discrimination by signing the Time to Change pledge. In signing the Time to Change pledge the University is committed to help raise awareness and to tackle the stigma around mental health for our staff and students.

https://www.youtube.com/watch?time_continue=2566&v=fZxDcoaLObs

1 in 4 people in the UK will experience a mental health problem each year ([Mind](#)), yet there continues to be stigmas and misconceptions around mental health.

7 February is [Time to Talk Day](#), a day for the nation to take 5 minutes to have a conversation about mental health and tackle the stigma surrounding it.

On this day, we're asking students and staff to:

- **Take a Break** – come and join us on **7 February** at **St Peter's House, Ambrose Room, Ground Floor, Oxford Rd** (drop in session 11.30am – 1.30pm) to chat and mingle with colleagues and students over a cup of coffee and a cake
- **Talk** – don't bottle things up. Talk to an advisor, a friend or counsellor – you can tell us your story or even have a conversation **#TimeToTalk**
- **Get Informed** – about the services available for you or someone you know
- **Do something small** – that can make a big difference. Send a postcard to a friend or colleague and tag us **@UoMEandD**. Meet with friends, take part in an activity or join a staff network group

Get involved and make a difference