Our anti-stigma work

One in four of us will experience a mental health problem at some point in our lives. That means that even if you haven't had a mental health issue yourself, you almost certainly know someone who has.

Anyone can be affected by mental health at any point in life. Some people need professional help to work through their difficulties, but most people do recover. We've created our Open Minds campaign - a membership and anti-stigma campaign to help reduce the stigma felt by people with a mental illness. You can become a member of our campaign (it's free) by filling out our online membership form.

We've been out and about signing people up to the campaign and educating our community about mental illness. We've been to Brentford Football Club, Harlequins Rugby League Club, Ealing Jazz Festival, the London Mela, Greenford and Acton Carnivals, local churches and schools, shopping centres, libraries, community halls and many more. Find out more about our Open Minds campaign and becoming a member.

Many of our opinions about mental illness have been influenced by newspapers, TV and films. Often the portrayal of people with mental health problems presents a view of those people as either dangerous and violent or helpless and unable to cope.

In most cases, this picture couldn't be further from the truth. Although mental illness can have a significant impact on a person's life, most people - around 80% - make a full recovery.

We're working with Time to Change, the national anti-stigma group, to challenge the stigma and encourage people to talk about mental health issues.

Check out the Time to Change TV advert

The biggest barrier to people making positive progress is the attitude of the general public, which can still be very negative and poorly informed.

Download The Health and Social Care Information Centre's 'Attitudes to Mental Illness Report 2011'.

For more information see our: Tools to change attitudes page or visit the Time to Change website.