

BRINGING THE FACTS INTO THE OPEN

**WIDE SKIES
OPEN
MINDS**

Myth:

Talking about mental health will make it worse.

Fact:

TALKING HELPS.

Honest conversations are one of the best ways to support someone who's struggling. It shows them they're not alone.

Join the campaign at

www.falklands.gov.fk/publichealth

#wideskiesopenminds

Let's talk mental health

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Myth:

I don't know anyone with a mental health condition.

Fact:

YOU PROBABLY DO.

1 in 8 people globally live with a mental health condition. In a close-knit community like ours, that could be a neighbour, a teammate, a family member, or someone you see every day at work.

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