

BRINGING THE FACTS INTO THE OPEN

**WIDE SKIES
OPEN
MINDS**

Myth:

People can 'snap out of it'
if they try hard enough.

Fact:

**IT'S NOT ABOUT WEAKNESS
OR WILLPOWER.**

Recovery from a mental health condition
often takes support, treatment, and time.

Join the campaign at
www.falklands.gov.fk/publichealth

[#wideskiesopenminds](https://twitter.com/wideskiesopenminds)

Let's talk mental health

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Myth:

It's better to leave people with mental health conditions alone.

Fact:

**HUMAN CONTACT
IS IMPORTANT.**

Most people with a mental health condition want to keep in contact with their friends, family and community.

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