

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

Let's talk mental health