

0:00  
my name is Victor go I've been diagnosed  
0:02  
with moderate to severe depression  
0:03  
my name is very moody Tonga Kenyan my  
0:06  
name is nadya sane and I suffer with  
0:09  
panic disorder my name's Matthew  
0:12  
Williams and I've struggled with  
0:14  
depression  
0:15  
my name is Simon michelerogge my name is  
0:19  
Lionel Krishnan and I live with bipolar  
0:21  
disorder and borderline personality I'm  
0:23  
Glenn Close and I'm supporting time to  
0:26  
change mental health issues affect  
0:28  
millions of us across the world  
0:31  
sadly in almost every country people are  
0:34  
being mistreated and misunderstood we  
0:37  
can be excluded by families friends  
0:40  
neighbors employers and schools due to  
0:44  
the negative stigma that still haunts  
0:46  
mental health you cannot get a job even  
0:49  
within family level the decisions that  
0:52  
are never taken seriously because  
0:53  
they're associated with a malfunction  
0:56  
kind of a thinking so one is excluded  
0:59  
from the mainstream family life in the

1:03  
society in general I was at my worst  
1:06  
when I had nobody to talk to or I was  
1:09  
told that it was all in my head or that  
1:12  
is just who I am or it's my hormones  
1:14  
every time that line of communication  
1:15  
got closed it just made things worse  
1:18  
my mother has simply ignored it  
1:20  
completely we don't talk about it I  
1:23  
showered by Paula winnows the University  
1:27  
at the time given a given that women  
1:31  
know  
1:32  
type of punishment because they thought  
1:37  
that I was a criminal and I wasn't I was  
1:40  
no sick there is that thing as a man  
1:43  
that pervasive I guess sense that links  
1:47  
it with with with weakness and and you  
1:50  
should be able to call almost one in  
1:53  
four of us will experience a mental  
1:55  
health problem mental health problems no  
1:58  
no boundaries  
1:58  
it affects all ages all income groups  
2:01  
and all cultures if you don't struggle  
2:04  
yourself then someone you care about  
2:07  
probably does my whole life have felt

2:11  
like it was just me it was the only  
2:12  
person who was suffering and then I  
2:14  
realized there's a whole that there are  
2:16  
hundreds and thousands of people who  
2:17  
suffer the same thing that for me was  
2:20  
the biggest therapy was to actually  
2:22  
realize that I'm not on my own stigma  
2:25  
and discrimination are so deeply  
2:27  
ingrained they damaged the priority  
2:30  
placed on mental health around the world  
2:33  
mental health is seen as the poor  
2:36  
relation to physical health you know  
2:39  
there's all these associated things our  
2:40  
mental health we're just not enough same  
2:42  
footing with physical health and I think  
2:44  
it all plays into this idea that it's  
2:47  
somehow your faults what Dyson is lack  
2:51  
of treatment for mental illness lack of  
2:52  
awareness about mental illness lack of  
2:54  
accepting that someone is going through  
2:56  
a mental illness the good news is we can  
3:00  
transform societies by shifting stigma  
3:03  
and tackling discrimination the most  
3:06  
effective approach is when those of us

3:09  
with experience of mental health  
3:11  
problems start talking more openly so I  
3:14  
can't say that tens began with my family  
3:17  
members first we are going to change the  
3:19  
culture and we are seeing a change in a  
3:21  
change in it in the climate because the  
3:23  
discussion is improving these questions  
3:24  
and discussions are increasing  
3:26  
especially especially among young people  
3:27  
now I say y'all with all the stars time  
3:30  
to change that those stories of how we  
3:33  
change hearts and minds in India are you  
3:35  
going to begin combating the stigma  
3:37  
against mental  
3:38  
if you start having an honest  
3:40  
conversation about let's start a new  
3:43  
global conversation about mental health  
3:45  
that takes root in all of our  
3:48  
communities so that wherever you live in  
3:51  
the world there isn't any shame attached  
3:54  
to mental health if we achieve this and  
3:57  
put mental health on an equal footing to  
4:01  
physical health and why wouldn't you our  
4:04  
world would be a much better fairer

4:07

healthier productive and happier place

4:11

it's time to talk about mental health

4:16

[Music]