



**At some time in our lives, 1 in 4 of us will experience
mental and emotional distress**



How do you view mental ill health?

SUSU, and the University of Southampton are signing the Time-To-Change pledge on 10th May 2014, promising to work to end mental health stigma. This is because we strongly believe that mental illness should be considered in the same way that physical illness already is.



Artist, Louise O'Boyle will be creating an installation piece on the redbrick area outside SUSU on Tuesday 6th May, from 10am – 5pm.



It's **#TimetoTalk** about mental health. time-to-change.org.uk