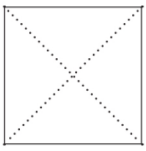
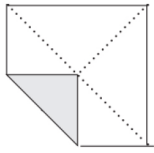


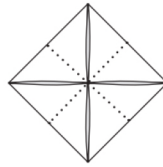
Fold each corner to the opposite corner



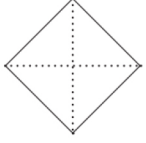
Fold all corners to the centre of the paper



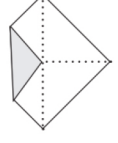
Now your paper should look like this



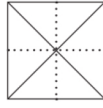
Now turn your paper over so the folds you just made are face down



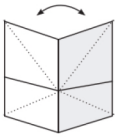
Now turn your paper over so the folds you just made are face down



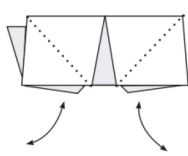
Your paper should now look something like this.



Now fold your paper in half vertically and horizontally



Now fold your paper in half vertically and horizontally



Finished!



Stigma Free Lanarkshire

<p>4</p> <p>Chatter</p>	<p>6</p>	<p>7</p>	<p>6</p> <p>Busting</p>
<p>5</p> <p>Myth: People with mental illness are violent.</p> <p>Fact: Statistically people with mental illness are more likely to be a victim of violence.</p>	<p>Myth: You can't recover from mental illness.</p> <p>Fact: With the right support people can and do recover.</p>	<p>Myth: Mental health stigma does not affect recovery from mental health problems.</p> <p>Fact: Stigma can and does prevent recovery.</p>	<p>8</p> <p>Myth: People are confident discussing their mental health with their employer.</p> <p>Fact: Many people fear being open will affect their job prospects.</p>
<p>4</p> <p>Myth: Mental health stigma no longer exists.</p> <p>Fact: 9 in 10 people with mental health issues report experiencing stigma.</p>	<p>Myth: You have to be an expert to talk about mental health.</p> <p>Fact: You don't have to be a mental health professional to have a caring conversation.</p>	<p>Myth: Young people don't have mental health problems.</p> <p>Fact: 20% of adolescents may experience a mental health problem in any given year.</p>	<p>7</p> <p>Myth: Only some of us have mental health</p> <p>Fact: We ALL have mental health just like we all have physical health.</p>
<p>10</p> <p>Box</p>	<p>3</p>	<p>2</p>	<p>6</p> <p>Myth</p>