

# Time to Change



At North Kent Mind we want to help break the silence and end the stigma around mental health. One in four of us will be experiencing a mental health problem at any one time. Nine in ten people who have experienced a mental health problem have faced negative treatment from others as a result. That's why we have signed the **Time to Change Employer Pledge**.

This is a commitment to changing the way we think and act about mental health at every level of this organisation. In order to sign the Pledge we have submitted an action plan detailing what we will do. Time to Change is England's biggest programme to challenge mental health stigma and discrimination and is run by the charities Mind and Rethink Mental Illness.

For further details please contact [Richard Giles](#).

