

time to change

let's end mental health discrimination

When was the last time you
felt misunderstood?

2. WHAT IS TIME TO CHANGE?

Time to Change wants to end unfair treatment and unfair attitudes towards people with mental health problems, so they don't feel misunderstood so much of the time.

Time to Change works with many different groups in society, using different ways to change attitudes and to get people talking about mental health.

All of us have feelings and all of us can make a difference so that people we know with mental health problems feel less misunderstood.

3. INTRODUCTION

Learning Objectives

By the end of the session you will:

- Have been given information, facts and figures about mental health problems
- Have explored how mental health problems can affect the lives of young people (and adults)
- Have thought about what you can do to change attitudes and unfair treatment

4. Ground rules

- Confidentiality - you can talk about the session but don't talk about personal things or names that have been shared in order to create a safe space.
- Try to take part in discussions
- Respect – challenge the opinion not the person
- Listen
- Be on time after breaks
- Mobile phones off or on silent and no texting
- Talk to the trainer or another adult if you need support during or after the session
- Have fun!

5. SECTION 1 - Quiz

Question 1:

How many young people will experience a mental health problem in any one year?

A: 1 in 10 young people

B: 1 in 100 young people

C: 1 in 1000 young people

6. Quiz

Question 2:

What are the two biggest causes of death of males aged 14 to 25?

A: Cancer 1st and Diabetes 2nd

B: House fires 1st and Accidents at home 2nd

C: Road traffic accidents 1st and Suicide 2nd

7.Quiz

Question 3:

What percentage of the killings that take place each year are committed by people with mental health problems?

A: 5%

B: 25%

C: 65%

8. Quiz

Question 4:

What are the most common mental health problems experienced by young people?

A: Schizophrenia

B: Depression and Anxiety

C: Anorexia

9. Facts and Figures

- Young people experiencing anxiety in childhood are **3.5 times more likely** than others to experience depression or anxiety in adulthood.*
- Young people in the UK from **Black and Minority Ethnic Groups** are at **higher risk of mental health problems** and also may find it more difficult to use mental health services.*
- Despite the impression we get from the media, people with severe mental health problems are **more likely to be victims of violent crime than to commit violent crimes.** **
- The majority of people **recover from mental health problems**, especially if they've sought help early

10. What is mental health?

GROUP WORK ACTIVITY



11. A definition of mental health

“The capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children and young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities.”

Source: Young Minds 1999



12. Mental health is on a spectrum



13. Some types of mental health problems

- **Depression** – low mood, hopelessness, loss of energy
- **Anxiety disorders** – sense of worry, panic, dread which is affecting someone's ability to live their life as usual
- **Eating disorders** – may have an unrealistic view of their body shape and weight. Not just about dieting - often low self esteem or a lack of control over other things.
- **Self harm** – often a way of coping with emotional difficulties.
- **Psychosis** – change of reality. Sometimes hearing voices and seeing things that others don't see / hear. May feel paranoid.

15. Why do people develop mental health problems?

- Some people feel it is a chemical imbalance in the brain
- Some feel it is all about trauma (everyone has a personal story of trauma, abuse, grief, bullying, separation loss, etc)
- Some feel it is about lack of money or privilege
- There are a lot of views but it is important that someone's personal view is listened to and respected
- There is no one answer

16. Quotes

“Many people make jokes about depression / bi-polar / other disorders and it can make people feel ...

...isolated. I was constantly picked on and called ‘emo’ because I was depressed. When people saw scars on my arms everyone made snide comments because they had no understanding.”

www.time-to-change.org.uk/young-people-programme

Children and young people’s programme development. Summary of research and insights



17. Many people report that stigma is harder to deal with than their actual mental health problem

- **A definition of stigma:** Having unfair **attitudes** about people with mental health problems, so that they get labelled as 'different' or 'strange'.
- **A definition of discrimination: Behaving** unfairly towards people with mental health problems, e.g. bullying them, or turning them down for a job or course of study.

18. My story

You will now hear from a young person with direct experience of mental health problems

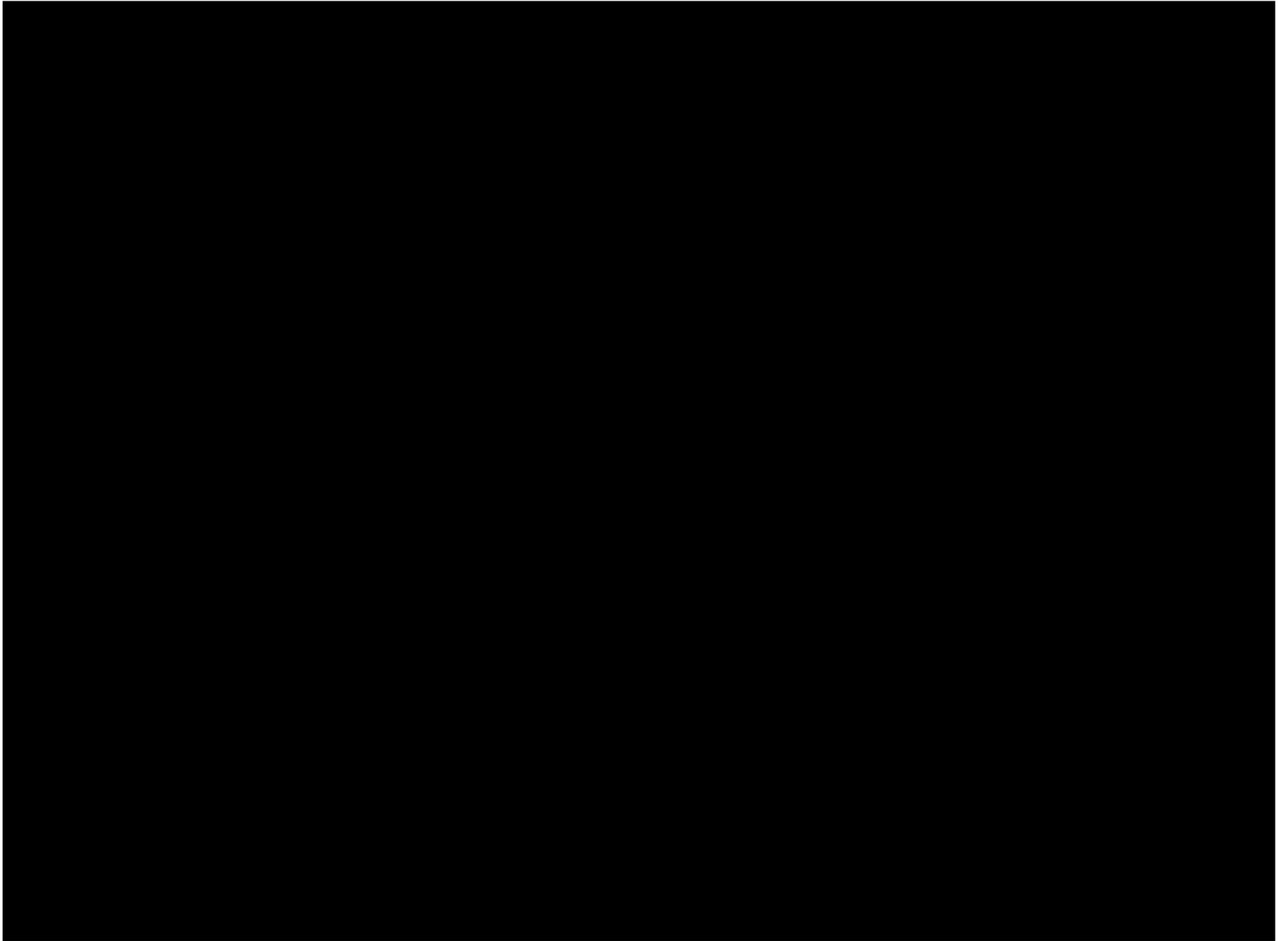
You will have an opportunity to ask questions

It may not be possible to answer all questions

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Break





21. Stand Up Kid Reactions

- How did the film make you feel?
- What did it make you think about?
- Did it raise any important issues?

22. Small group work

- Divide into 4 groups and think about how Michael, his classmates and his teacher might be feeling at different points in the story.
- Use the handouts that you will be given to guide you.



23. Agree / disagree

- People with mental health problems are different from normal people
- I know someone with a mental health problem
- Mental health problems make you weaker
- You can tell if someone has a mental health problem



24. How would you feel if you talked about something really personal and...

- you were laughed at by your friends
- no-one stood up for you
- people avoided you afterwards



25. What do stigma & discrimination affect in our lives?

- Self-confidence and well-being
- Beliefs in society about violence and danger
- Family and friendships
- Relationships
- Education
- Physical health



26. Impact of Stigma

Young People report that they have experienced stigma from:

- friends (65%)
- parents (50%)
- boyfriends and girlfriends (45%)
- teachers (43%)
- 28% said negative reactions from others had made them want to give up on life
- 69% said that fear of stigma has prevented them from telling a friend about their mental health problem
- 50% said it had stopped them applying for a job
- 30% said that it had stopped them applying for or taking up a place at college or university

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BREAK



28. You don't have to be an expert to support someone with a mental health problem

- Continue to be friendly
- Ask them how they are and what support they need
- Remember their strengths as well as their problems
- One kind act can make a big difference
- Make a stand against stigma and discrimination

29. Quotes from Young People

I remember the first person I really spoke to was a friend. She listened and didn't panic. With her support, I spoke to a teacher at school. Without their help, I doubt I would be alive today

Luckily, all my housemates know. The conversations were casual but they all understand. When I published my first blog there were people around university approaching me. It was nice in a way, people would say "I would never have known."

I have recently started dating again. I found it hard to tell him I had psychosis. It wasn't easy but I showed him who I was at first then after a few weeks I came out with it. He just took me for who I am, which was a relief.

30. How do we talk about someone who has a mental health problem?

GROUP WORK ACTIVITY



31. Successful Time to Change Campaigning Ideas

The Time to Change Organisational Pledge . . . the next steps

Pledge action plan



Photo Pledge



Train the Trainer



Pop Up Village

32. Making a Time to Change Organisational Action Plan

- **Step 1: Make specific activity commitments**

Including timescales, lead contacts and how you will know if things are on track.

Example activities might be to:

- roll out 'train the trainer' across the organisation
- provide 'mental health first aid' training for key staff
- put up mental health leaflets and posters
- run an eventall ideas welcome!

- **Step 2: Plan your photo pledge signing event**

Including media coverage and Time to Change staff if desired

- **Step 3: Put your logo and pledge summary on our online pledge wall**

33. Let's develop a plan to challenge stigma and discrimination...

...in either a school, youth group, community or online.

Think about:

- how you can deliver the Time to Change message in a creative way
- what materials you may need and where you will get them
- who you would need to involve

34. Get involved with Time to Change

- Look at: www.time-to-change.org.uk
- Watch and share “Stand Up Kid” at www.youtube.com/timetochangecampaign
- Like us on www.facebook.com/timetochange or tweet us [@timetochange](https://twitter.com/timetochange) or use [#StandUp](https://twitter.com/hashtag/StandUp)
- Pledge to support Time to Change at www.time-to-change.org.uk/pledgewall and get your friends to pledge too
- Check out our online interactive story, ‘The Kid and I’ at <http://thekid.time-to-change.org.uk/>
- Run an event or anti-stigma campaign in your school, youth group, local community, or online - or join in one of ours!
- Start a conversation about mental health....

