

# What does 'mental health' mean?

- Mental health refers to *'a person's condition with regard to their psychological and emotional well-being.'*
- Sometimes our mental health is ok, and sometimes it is not.
- Mental health problems can include:
  - Anger
  - Anxiety
  - Bipolar
  - Depression
  - Eating disorders
  - Self harm
  - OCD
  - Paranoia
  - Phobias
  - Personality disorders
  - Psychosis
  - Schizophrenia
  - Post traumatic stress



**1 in 4** OF US  
WILL EXPERIENCE  
**MENTAL HEALTH**  
**PROBLEMS**  
in our LIFETIMES.

The game\* of

# LOVE

for a young person with a mental health problem

There is still too much stigma about mental health – do these statistics surprise you?

## START

School



Negative reactions most often come from friends (70%) and teachers (40%)



Ultimately 1/4 will give up on their hopes, dreams and for some .....their lives



40% stop going to school or college

30% are put off joining groups or clubs

## Career

Fear of negative reactions stop 57% applying for jobs and 32% applying for further education

\*This game sucks

Visit [time-to-change.org.uk](http://time-to-change.org.uk) to find out what you can do to change this journey



# What can we do to end stigma?

- Research shows that the best way to challenge these stereotypes is through first hand contact with people with experience of mental health problems. A number of national and local campaigns are trying to change public attitudes to mental illness. These include the national voluntary sector campaign [Time to Change](#).
- **The Equality Act 2010** makes it illegal to discriminate directly or indirectly against people with mental health problems in public services and functions, access to premises, work, education, associations and transport.

Time to Change is a mental health campaign in England, launched in 2009 with the objective of reducing mental health-related stigma and discrimination.

- Their aims are to:
  1. Improve public attitudes and behaviour towards people with mental health problems.
  2. Reduce the amount of discrimination that people with mental health problems report in their personal relationships, their social lives and at work.
  3. Make sure even more people with mental health problems can take action to challenge stigma and discrimination in their communities, in workplaces, in schools and online.
  4. Create a sustainable campaign that will continue long into the future.
- [www.time-to-change.org.uk](http://www.time-to-change.org.uk) and [www.mind.org.uk](http://www.mind.org.uk)

<https://www.time-to-change.org.uk/resources-youth-professionals/video-resources>

- **Watch Chris' story** - Chris talks about when he first became unwell with psychosis after suffering a sporting injury
- **Watch Holly's story** - Holly experienced anxiety, depression and agoraphobia when she was 16. She talks about how her family, friends and colleagues reacted to finding out and the stigma she faced from some people around her.

<https://www.time-to-change.org.uk/resources-youth-professionals/video-resources>

- Watch young people, mental health and the media.
- What role does the media (including social media) play in our mental health? Is it good/bad? What could we do to combat poor mental health caused by the media?

# Places to go for support

- Time to Talk - [www.time-to-change.org.uk](http://www.time-to-change.org.uk)
- Heads Together  
[www.headstogether.org.uk/about-heads-together](http://www.headstogether.org.uk/about-heads-together)
- Young Minds - <https://youngminds.org.uk/>
- Kooth - <https://kooth.com/>
- Off the Record (in school)
- School Nurse
- Family, friends, teachers...