

time to change

let's end mental health discrimination

Attitudes for a New Generation

Improving Knowledge, Attitudes and Behaviour of Young People and Families around Mental Health

Jenny Taylor, Manager Children and Young People

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The Impact of Stigma

- 65% friends , 50% parents, 45% boyfriends and girlfriends and 43% teachers
- 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
- And most worryingly 28% said negative reactions from others had made them want to give up on life

(Nov 2013 – survey 541 YP)

“stigma made me feel so isolated when I was ill, and it still stops me from asking for help when I’m having bad days. If I was less ashamed a few years ago, I would have asked for help before I tried to end my life. Instead it made me suffer in silence for so long.”

Our work in Schools and Organisations

Resources for youth professionals

If you want to work with young people to create an open, supportive culture around mental health, we have the resources to help you do it.

In the boxes below, you will find straightforward, tried-and-tested [session plans](#), [blogs and videos](#), [signposting to mental health services](#), and a huge range of [free materials](#) to get young people talking.

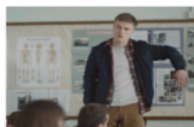
Why run mental health anti-stigma sessions in your school?

Spending some time 'off timetable' on mental health has positive impact on all areas of school life. Teachers at Cannock Chase High, Staffordshire will tell you about their experiences, and the experiences of their students, in this short film:



Session plans

From assemblies and presentations to short activities, we've got all of your classroom and group activities covered.



Blogs, vlogs and videos

We have videos, stories and an online interactive tool to get young people talking about mental health.



What teachers say

Three schools talk about how they started the conversation about mental health.



Free resources

Toolkits, posters and other free downloads to help your young people end mental health stigma.



E-bulletin

To be kept up to date with the Time to Change campaign and be the first to hear about opportunities in your area, sign up to our Young People's e-bulletin.

Support and signposting

Information sheets about mental health, reports and signposting resources.



Our work in Schools and Organisations

“We do lots of little, achievable elements rather than a few larger pieces of work. They needed to be easy to arrange and something we could fit into the curriculum smoothly, but we also wanted the kids to enjoy them. ”

Teacher

Our work in Schools and Organisations

- The **Networks** are spaces for **senior leaders** to reflect on the mental health issues in their schools, which are many and diverse, and to reach out to other schools to share ideas and thinking.
- The **meetings** are very dynamic – sharing information, looking at resources, looking for ways forward, imparting information, looking at the issues at school.
- It's about **stronger networking** and **better outcomes for children and young people** in relation to understanding mental health distress and ways to respond to that.

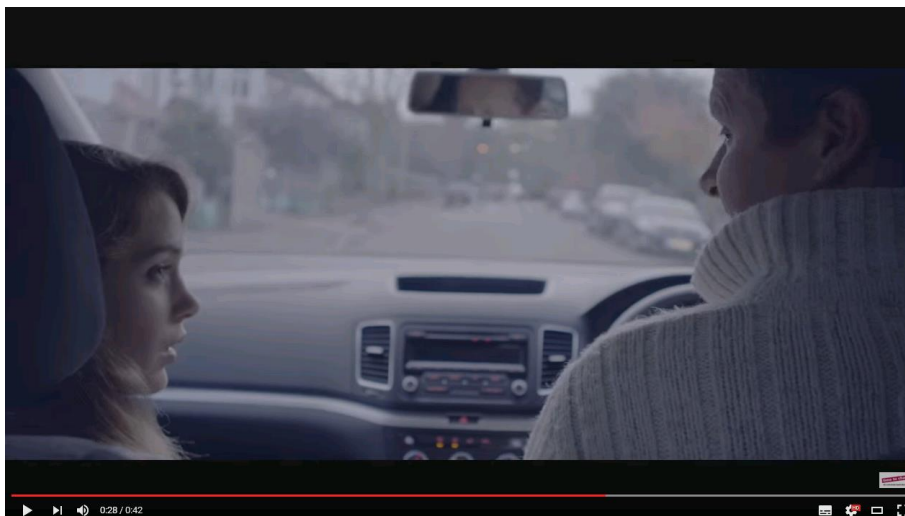
“90% of my workload used to be disciplinary issues. Now 90% of it is mental health issues”

Headteacher

Social Marketing Campaigns



<https://youtu.be/irADsjrhIjI>



<https://www.youtube.com/watch?v=TBlt-UQVSLQ&feature=youtu.be>

Involving Young People



Involving Young People

“I guess it was better to hear about it from someone who actually experienced it and someone close to our age rather than some random person who thinks they know what it feels like.”

Young Person

“Because adults can lack communication as they do not relate as well to youths. Youths are more likely to pay attention to someone closer to their age, partly because we can relate.”

Young Person

Involving Young People

“I honestly feel so happy doing that :) I had a bad week but sharing my story and getting teachers saying thank you and all those people applauding really made me feel good :) thank you for all the times you give me to share my story. It means so much to me :)”



How to get involved

Sign up to our e-newsletter: www.time-to-change.org.uk/email-signup

Access all our free resources: www.time-to-change.org.uk/teachers

Follow us on Twitter [@TimetoChange](https://twitter.com/TimetoChange)

Follow us on Facebook www.facebook.com/timetochange

Visit our website www.time-to-change.org.uk

jennifer.taylor@rethink.org

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Thank You

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