

time to change

let's end mental health discrimination



Ending Mental Health stigma and discrimination at Bishop Vesey's Grammar School

What we do

Needless to say, your child's mental health is very important.

At Bishop Vesey's we want to make sure your son is in an environment which is understanding and supportive in regards to mental illness.

THE FACTS

- **1 in 4** people will experience a mental health problem in any given year.
- **1 in 10** young people will experience a mental health problem.
- People with a mental illness are more likely to be a victim of violence.
- **9 out of 10** people with mental health problems experience stigma and discrimination.
- Nearly three in four young people fear the reactions of friends when they talk about their mental health problems.

Common mental illnesses amongst children/young people

- Anxiety
- Depression
- Self harming
- Eating disorders

Signs of mental illness in young people

- The bad mood or grumpiness persists, lasting longer than a few days
- Withdrawn socially
- Continual anger, irritability
- Lack of interest
- Dramatic changes in appetite or sudden weight loss or gain

The headlines

- You're probably used to headlines like this:

The image displays four screenshots of the BBC News website, each showing a headline related to mental health. The screenshots are arranged in a 2x2 grid. Each screenshot includes the BBC logo, navigation links (News, Sport, Weather, iPlayer, TV, Radio), and a red header with the word 'NEWS'. The headlines are:

- Young goths 'at risk of depression'**
By Smitha Mundasad
Health reporter
- Child mental health services 'face overhaul'**
By Nick Triggle
Radio 4 correspondent
- Self-harm rate triples among teenagers in England**
iPlayer
- Mental health services cuts 'affecting children'**
By Jeremy Cooke
UK affairs correspondent
- Children's mental health is parents' greatest concern**
By Judith Burns
Education and family reporter, BBC News

At the bottom of the first screenshot, there is a copyright notice: © 20 June 2014 | Health. At the bottom of the second screenshot, there is a copyright notice: © 7 January 2015 | Education & Family.

We want to promote positive stories

My illness doesn't define me but I still want it to be accepted

By [ellie_s](#), September 7, 2015

My name is Ellie, I'm 22, a full-time student entering my 3rd year of English Literature and owner of a business. I also have depression and anxiety.

[Read more](#) [ellie_s's blog posts](#) [Add new comment](#)

Stigma sometimes gets in the way but I know I am capable of succeeding at university

By [_sophie__](#), August 19, 2015

13th September 2014 was one of the most important days of my life so far. I was moving to university to study a social work degree. I'd blogged about my journey for months on my blog and it was finally here. The moment I had been waiting for. I was elated. But at the same time, I was filled with dread. This was a big experience for me, and one that would test my mental health.

[Read more](#) [_sophie__'s blog posts](#) [1 comment](#) [Add new comment](#)

I've experienced stigma but I'm still open about my mental health problems



[https://www.youtube.com/watch?v=SE5Ip60](https://www.youtube.com/watch?v=SE5Ip60HJk)

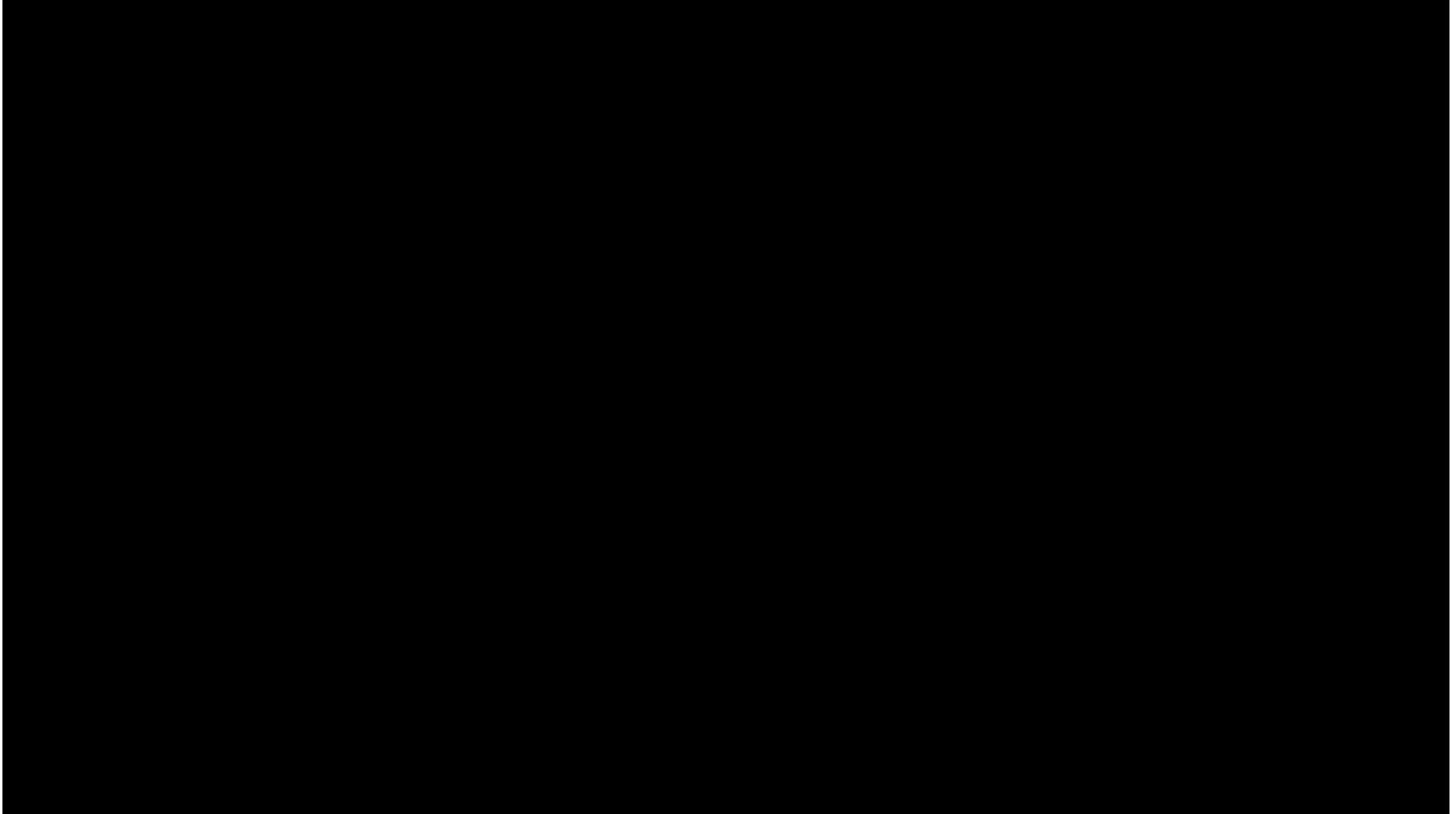
[HJk](https://www.youtube.com/watch?v=SE5Ip60HJk)

Communication

- Only through communication can the stigma surrounding mental health and stamp out any misconceptions people might have.



What to do?



<https://www.youtube.com/watch?v=wziaKWe9oZ4#t=76>

More information

Time to Change

<http://www.time-to-change.org.uk/>

NHS choices-Child and adolescent mental health services

<http://www.nhs.uk/nhsengland/aboutnhsservices/mental-health-services-explained/pages/about-childrens-mental-health-services.aspx>

Mind Birmingham

<http://birminghammind.org/>