

See Me. See Change.

Pupil Workbook Three



Welcome to Workbook Three

Welcome to the last of the three workbooks. In Workbook Three you will learn more about the significance of language with regard to mental health; explore more about rights and policy in relation to mental health; and finally get you thinking about what actions you can take to tackle mental health stigma and discrimination.

There are four short reflective activities for you to complete in this workbook. You will be able to complete activities 1 and 2 after Pupil Session Three and activities 3 and 4 after Pupil Session Four. Feel free to complete these independently or discuss with a friend who is also completing the workbooks. Remember to save your work as you go!

Remember to also complete the personal attitudes survey on [page 13](#) when you have finished all the sessions and completed the pupil workbooks. This allows you to compare with answers in Workbook One, tracking any changes in your thinking and to gather your thoughts at the end of the training.

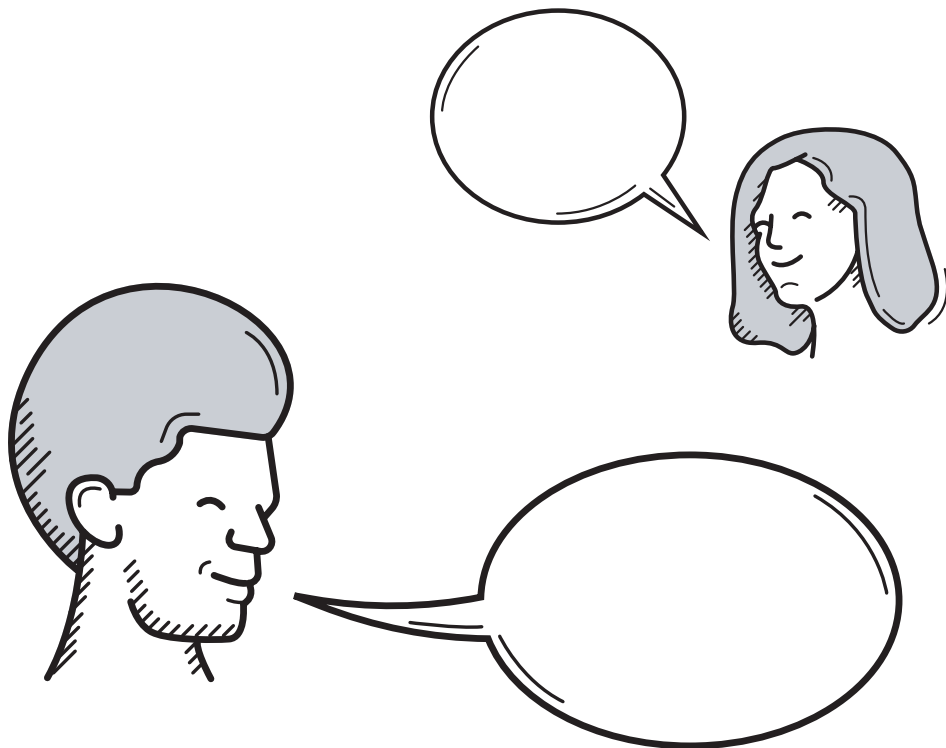
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See Me tips on speaking about mental health

The language we use while speaking about mental health can have a huge impact on the people we interact with. Words can be a real barrier to help-seeking behaviour and preventing people from reaching out to get the support they need and deserve.

The next couple of pages have a few helpful pointers on things to speak about and things to avoid.

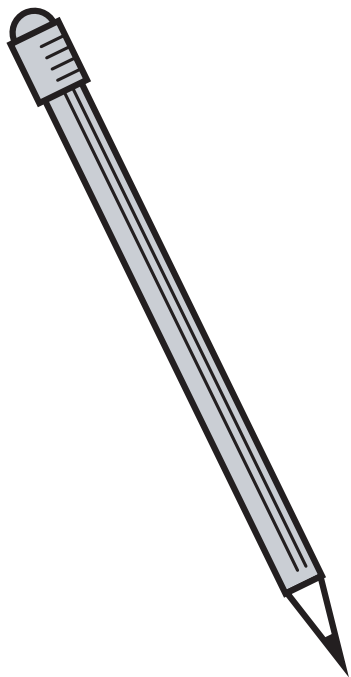


General tips when speaking about mental health problems:

- Avoid describing someone as 'suffering' with a mental health problem; instead use experiencing. Having a diagnosed mental health problem isn't necessarily a negative thing. People with diagnosed mental health problems can lead healthy and fulfilling lives.
- Avoid describing someone as their diagnosis, for example 'a schizophrenic' or 'a depressive'; instead say someone who is experiencing schizophrenia or someone who has depression.
- Avoid using terms like 'nutter', 'maniac' or 'schizo' as they just add to the stigma around mental health.
- Avoid saying things like, "I'm a bit OCD about this..." It's important to know that mental health problems are not adjectives and they don't define a person.
- Let people tell their own story in their own words.
- Avoid stereotyping or stigmatising language. Instead use compassionate, supportive and non-judgemental words.
- People will tell you the right words to use when you ask them to narrate their own worries and struggles.

For more information on talking about mental health, check out the See Me Website [here](#) as well as this Mental Health Foundation article on why mental health language matters [here](#).

Activity 1



Reflective question

- Considering the guidance and tips on how to speak about mental health. Is there something you think your school could do to raise awareness of stigmatising language and how it can be challenged?

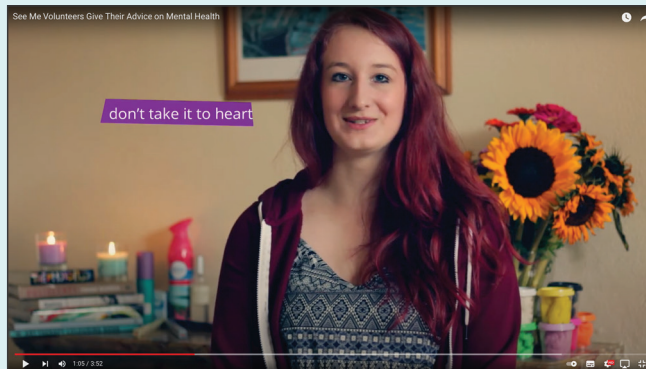
Talking about your mental health

It's okay to talk about your mental health. We all struggle at some point and when we do, it's important that we reach out and ask for help. But sometimes it can be difficult to take that step out of fear that we won't be listened to or taken seriously.

Although there isn't one 'right' way to have a conversation about mental health, there are some things you can take into account when preparing to speak to someone.

Activity 2

Watch the video below to hear some See Me volunteers give advice about how to have a conversation if you are struggling with your mental health.

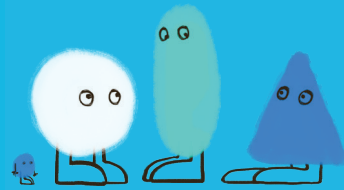


See Me has created a range of resources to support you to have conversations about your mental health or if you are struggling, as well as some resources to support you to have conversations with someone about their mental health. You will find them on the next pages and they can also be found on the See Me website [here](#).

Reflective question

- What are some of the key top tips that stood out to you when watching the video?

YOU DON'T HAVE TO BE AN EXPERT TO SPEAK ABOUT MENTAL HEALTH, JUST SHOWING YOU CARE CAN BE A POWERFUL THING.



L

LISTEN EFFECTIVELY

I

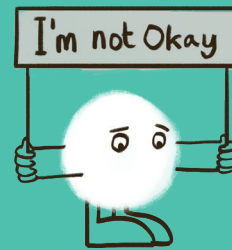
INTRODUCE NON-STIGMATISING LANGUAGE

N

NOTICE HOW SOMEONE IS FEELING

K

KEEP YOURSELF SAFE AND ASK FOR HELP IF YOU NEED TO



See Me
End mental health discrimination

L

- Be understanding and avoid judgement.
 - Ask questions to help you understand.
 - Go back over things if it helps.
-

I

- Let people tell their own story.
 - Avoid stereotyping or stigmatising language.
-

N

- Notice how that person is feeling and what they might need.
 - Ask "Are you okay?", really listen to what they have to say and show you care.
-

K

- Keep yourself safe.
- Prioritise self-care.
- Remember, its okay to ask for help if you need to.

Everyone has mental health; it affects all aspects of your life. It's okay to talk about what's going on inside your head. Mental health is as important to consider as physical health, it is part of everyday life so don't be afraid to talk about it.

What's this for?

This card is to help you to talk about mental health and get the help and support you need. It has information on **where**, **how** and **who** to get support from with mental health.

There are no right or wrong things to feel, people all feel different things at different times and lots of things can affect this; from family life to school and work. Sometimes people can get a bit overwhelmed and the best thing they can do is to find someone who will listen and help them get support. You can use this card to start a conversation with a friend, family member or when contacting one of the places listed overleaf to get support.

Find someone who is



When you feel that you're ready

STEP 1

Find someone you feel you can trust and plan what you want to speak about.

STEP 2

Decide what you are comfortable talking about rather than opening up too much before you feel ready.

STEP 3

Take it one step at a time, don't be scared. Talk sooner rather than later.

You might not find the right person to talk to straight away so keep trying

Sharing two minutes of your time with someone can make the difference & change their life

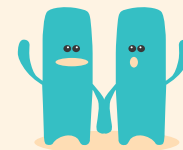


Managing what's on your mind



Try keeping a diary, notebook or blog on how you are feeling

Listen to music, draw, scribble or colour in

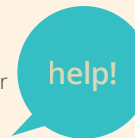


Spend time with friends

Ask for help



Try and eat regular, healthy meals and get plenty of sleep



Stay active, go for a run, jog or walk

Be realistic, it's okay not to be perfect



How are you feeling and doing?

These circles contain words that help describe thoughts and feelings. We all have ups and downs in our life but if you think that you are feeling more of the things at the bottom of this diagram then it's a good idea to find someone to talk to. This can be anyone that you feel you can trust and will listen, you are not alone and help is available. To find out more on how and where to get help and support look on the right hand side of this card.

Doing well



A bit too much



Struggling to cope



Thank you to all the young people who have helped produce this guide for others by using their own personal experiences of coping with mental health.

Where can you get help and support?

Sometimes you can sort out a problem on your own, but if you have a worry that you can't cope with, don't bottle it up. It can really help if you talk to someone, or you can contact some of these places, where support is available;

ChildLine

You can contact ChildLine about anything – they also offer online 1-2-1 chat sessions with a counsellor.

Call **0800 1111**

Go to www.childline.org.uk

Samaritans

Samaritans offer a 24-hour confidential support service.

Call **08457 90 90 90**

Text **07725 90 90 90**

Go to www.samaritans.org

Breathing Space

Breathing Space offer advice and support if you need someone to talk to.

Call **0800 83 85 87**

Go to breathingspace.scot

Young Scot

Young Scot has an InfoLine which is a free and confidential phone service. It has information on a range of topics including mental health.

Call **0808 801 0338**

7 Cups of Tea

7 Cups of Tea is an online emotional health and well-being service.

Go to www.7cupsoftea.com

It's okay not to be okay

Rights in relation to mental health stigma and discrimination

Did you know...

People with mental health problems can die 15-20 years younger, are poorer on average and have fewer opportunities in life than the general population?



They can have their rights legally limited as a consequence of mental health problems, and laws designed to protect their rights are often ignored. For example, when it comes to treatment available, there is less effective choice for people struggling with their mental health than people with physical problems, and people can have their choices removed under certain laws.

Furthermore, people with mental health problems are at greater risk of suicide not only due to their mental health problems but also because help-seeking is hindered as people may not seek help early enough, or feel unable to talk about their problems and difficulties due to issues related to stigma and discrimination.

How policy can tackle stigma and discrimination

Governments across the world design and implement 'policies' – sets of ideas or plans of what to do in particular situations – in relation to a wide range of areas like health, education or immigration. These help populations know what they can and cannot do.

Similarly, organisations like schools, universities and hospitals will create and implement policies to help people navigate their way, know what service or support they can access and / or know what behaviour might be acceptable in certain situations.

The policy landscape, at national and local levels or in your school can be difficult to navigate. A good place to start is to look at some of the policies that are used in your own school and that aim to protect the rights of the people there.

Or you could consider other places in your community, like workplaces, GP practices or leisure facilities. See Me works across a number of areas creating and promoting policy that combats mental health stigma and discrimination, and protects people's human rights.

Activity 3

Find two policies or guidelines from your school which protect people's rights in some way – this could be a bullying policy, sections from a school improvement plan, an absence policy, or any other relevant to your school.

You may need to ask someone in your school to provide these or make suggestions.

Read the policies carefully and highlight anything that you think:

- Supports tackling mental health stigma and discrimination.
- Reinforces stigma and discrimination and could be improved.

Think about how these policies help you to understand your rights more clearly, or what you would do if you or a peer, teacher, friend or family member was facing mental health stigma and discrimination.

Policy 1	
Positives	
Improvements	

Policy 2	
Positives	
Improvements	

As you think about taking action in the future – supporting your school, community or any other setting to improve on their policies might be a great way to start.

1. Westerhoff and Keyes. Mental Illness and Mental Health: The Two Continua Model Across the Lifespan. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2866965/>

Activity 4: Getting ready for action planning

We need to change the culture around mental health so that people feel confident enough to speak about how they are feeling and ask for help if they need it, without the fear they will be judged or dismissed.

Throughout these workbooks and sessions, it's been shown that everyone has a part to play in tackling mental health stigma and discrimination. It's now time for you to take some action. From what you have learned, and from the resources and examples provided, your final task is to write three possible actions your school could take. It's important that these are small manageable first steps – the hardest thing to do is start.

On the next few pages you will find an overview of the tools and resources you can use to take action. The resources on See Me's website will give you tools, ideas and guidance on things you can do in your school and wider community. **Remember – you don't need to be an expert to talk about mental health.**

Pupils and staff will be coming together to develop an Action Plan for your school so it is good to think of things you and your school can start doing to reduce mental health stigma and discrimination. An example is provided below and space for you to write your own actions:

Idea 1: Start conversations about mental health

Action 1	Identify a space in my school that people can go to, to speak to senior students for some peer support.	When:
Action 2	Find someone I know for a chat, who I can talk to safely	When:
Action 3	Ask my mum and dad (or teacher) how they are doing and share how I am doing too	When:

Idea 2:

Action 1		When:
Action 2		When:
Action 3		When:

Tools to help you take action

A great place to find a variety of relevant tools and resources, no matter where you're at or what your interested in, is on the See Us pages on our website. On this page, we have all the resources for young people: www.seemescotland.org/seeus/as-a-young-person.

In this section, we have a few suggested resources which are relevant to different settings including schools, health and social care and workplaces.



Education

What's on Your Mind – The pack is designed to be used with young people between the ages of 11 and 18. It's relevant for everyone who wants to understand young people's mental health better. The pack is split into three modules built around the four capacities outlined in the Curriculum for Excellence as well as addressing key learning outcomes of the Health and Wellbeing Curriculum.

www.seemescotland.org/young-people/whats-on-your-mind

Education and Young People case studies – A range of case studies to highlight the different ways schools, young people and education professionals have taken action to tackle mental health stigma and discrimination.

www.seemescotland.org/young-people/resources/case-studies

Have a fun event in your school that gets people together to talk. Check out national campaigns and events like [Time to Talk Day](#) and [Walk a Mile](#), or look to get involved in mental health event that's already happening in your area.

Health and social care

Our website gives general information about talking to healthcare professionals, what to do if you experience stigma in a health and social care setting and who to contact.

www.seemescotland.org/health-social-care/information-for-people-using-health-and-social-care

Workplaces

See Me also has a range of resources for workplaces that you could share with your family and friends. Perhaps you have a part-time job and have had experiences of stigma in the workplace or feel that your workplace could become more mental health inclusive.

www.seemescotland.org/workplace

Campaigns and activities

See Me has campaigns and activities which you can run in any setting, like Time to Talk Day, Pass the Badge and Walk a Mile, which give you all the tools you need to help people to start talking about mental health in a fun and interactive way.

We also have campaigns for different settings. For young people, we have Feels FM, the world's first emoji powered jukebox for mental health, and our It's Okay campaign. For workplaces, we have our Power of Okay campaigns and, for communities, we have our See Us campaign to inspire people in the See Us movement, and our People Like YOU campaign.

Each of these have videos and graphics you can share, and information on what stigma and discrimination look like for people and how to challenge it.

You can find out information on all our campaigns, as well as get links to videos, posters, postcards, GIFs and more, which you can download and use in our campaigns pack.

www.seemescotland.org/seeus/campaigns

Other resources

To see all of See Me's resources to help people in the movement to take action, check out the See Us home page

www.seemescotland.org/seeus

Social and digital media

One easy action you can take today is to follow See Me on social media and sign up to our mail out, See Change. Follow the links below and get involved in the conversation and show that you're passionate about making a change.

www.youtube.com/user/seemescotland

www.facebook.com/seemescotland

www.twitter.com/seemescotland

www.instagram.com/seemescotland

Sign up to be part of the See Us movement and keep updated with lots of new activities, events and campaigns from across the movement at

www.seemescotland.org/seeus

Get in touch

If you or someone from your school would like to talk to someone about volunteering or supporting one of our campaigns, get in touch with us at

www.seemescotland.org/contact

Reviewing your Learning

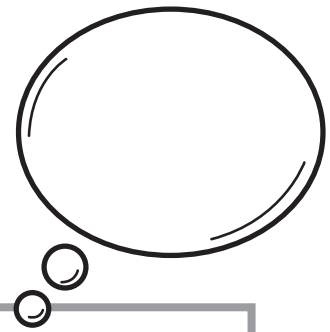
Well done! You're almost there!

Let's end by revisiting the 'personal attitudes survey' you completed at the start of Workbook One - this allows you to track any changes in your thinking and to gather your thoughts at the end of the training. It's okay if your answers have changed!

Please tell us to what degree you agree with the statements on the right by selecting your answer.

Do you think...	Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
People should sort out mental health problems on their own.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Once you have a mental health problem it's for life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Females have worse mental health than males.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The best treatment for a mental health problem is medication.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you have a mental health problem you are more likely to be dangerous and violent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adults are more likely than teenagers to have a mental health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can tell someone has a mental health problem just by looking at them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People with a mental health problem are generally shy and quiet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Only certain types of people can have mental health problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

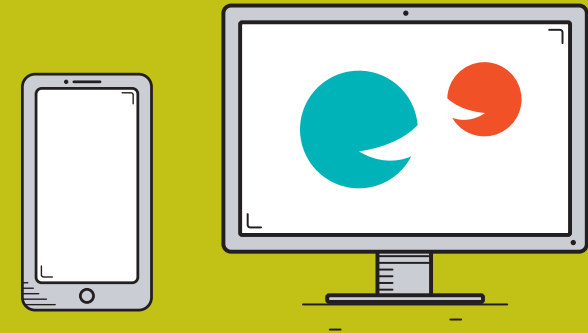
Reflective question



- How have your thoughts or attitudes changed through completing the workbooks and participating in the sessions?

Need support?

If you need support or advice urgently regarding your mental health, there are a number of places you can get in touch with.



Samaritans

Provides confidential non-judgemental emotional support for anyone who is struggling to cope. The service is **available 24 hours a day, seven days a week.**

Call: 116 123

Text: 07725 909090

Email: jo@samaritans.org

Self-help app: Welcome | Samaritans

Self-help visit: www.samaritans.org

Breathing Space

A free, confidential phonenumber service for any individual who is experiencing low mood and depression, or who is unusually worried and in need of someone to talk to.

Call: 0800 83 85 87

Weekdays: Monday to Thursday, 6pm to 2am

Weekends: Friday 6pm to Monday 6am

NHS 24

Call centre operated by NHS to provide patients with health advice over the phone.

Call 111 or if you think you need an emergency ambulance **call 999** and speak to the operator.

Childline Scotland

A counselling service for children and young people. You can phone, send an email, have a chat 1-2-1.

Call: 0800 1111

Visit: www.childline.org.uk


LGBT Health Helpline

Call: 0300 123 2523

Tuesday and Wednesday, 12pm to 9pm

Thursday and Sunday 1pm to 6pm

Notes

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Notes

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Notes

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See Me

End mental health
discrimination

Thank you for taking the time to participate, reflect and learn about tackling mental health stigma and discrimination.

Together we can create the movement to end mental health stigma and discrimination. Contact info@seemescotland.org with any questions you may have, or to share your insights.

Additional resources and support can be found at www.seemescotland.org

If you're a Young Scot Member you have earned 200 Rewards points for completing the See Me Change Workbook 3. [Log in to redeem your points](#) or enter your points code: **R7ZPNBIZ**.

Not a Member yet? Go to young.scot to sign up!

See Me is managed by SAMH and MHF Scotland, and is funded by Scottish Government.



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