

# *See Me. See Change.*

## Pupil Workbook Two



# Welcome to Workbook Two

Welcome to the second of the three workbooks. In Workbook Two you will learn more about specific mental health problems as well as their associated stigmas; explore in more detail about how you tackle mental health stigma and discrimination, and learn from some of our See Me Youth Champions.

There are six short reflective activities for you to complete in this workbook. 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!

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# What are mental health problems?

We all have mental health and physical health. It's as important to look after our mental health as it is our physical health. Mental health problems can affect the way you think, feel and behave. Some mental health problems are described using words that are in everyday use, for example, 'depression' and 'anxiety'. This can make them seem easier to understand, but can also mean people underestimate how serious they can be.

## Activity 1

Click on the links from our partner SAMH (Scottish Association for Mental Health) and spend some time understanding the basic signs and symptoms of common mental health problems.

There are guides to download on each page for further reading – you may relate better to some conditions and can focus your learning and reading as you like.

This section does not cover all mental health problems. If you require more information, please get in touch with [enquire@samh.org.uk](mailto:enquire@samh.org.uk).



# Scottish mental health stigma and discrimination statistics

Stigma and discrimination frequently act as a barrier to people seeking help for mental health problems. By knowing more about these conditions you can help to positively challenge negative and inaccurate attitudes about mental health.

With **one in three people** in Scotland experiencing mental health problems, and nearly **three quarters** of those facing stigma and discrimination, that's over a million people in Scotland who could be treated unfairly when they're struggling.

However, there are signs of improvement, with 58% of people saying they think public perceptions of mental health problems have improved over the past ten years. See Me research has found that people most commonly experience stigma and discrimination from the people closest to them (friends, work colleagues, immediate family).

Check out these stats, which highlight that there has been some progress in tackling mental health stigma.

**A poll of over 2,000 people in Scotland, carried out by Censuswide for See Me in 2021, found that:**

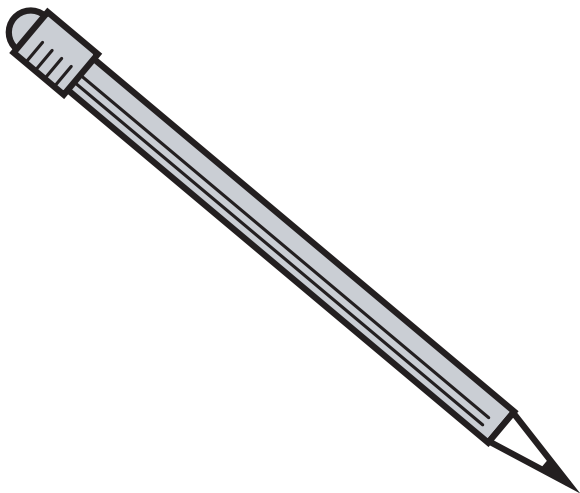


# Activity 2

Now that you hopefully have a better understanding of different mental health problems, consider what specific stigma there might be around a condition and fill in the factsheet on [page 6](#).

We've provided an example, and links to See Me's webpages, on the next page, describing different conditions.

On these webpages, you will see personal stories that show some of the ways in which people have experienced stigma and discrimination because of their condition.



## Worked example:

### Condition: Depression

#### Associated stigma

People choose to be depressed; they need to 'snap out' of it, they are just lazy; they are trying to get attention.

#### Reason for stigma?

It is often portrayed as a phase that people grow out of and it is frequently dramatised in TV shows as something trivial and so it is often dismissed, e.g. 'young people don't have anything to be depressed about'.

#### What is it really?

People do not choose to be depressed. Depression is developed over time and requires appropriate treatment to deal with the psychiatric symptoms and underlying issues. Depression is a term used to describe a state of low mood. Clinical depression is a mental health condition. This can be confusing because people may often feel depressed but will not have clinical depression. People with clinical depression could feel sad or irritable and also experience lack of interest, a sense of hopelessness, sleep problems and loss of appetite, which can all have a negative impact on a person's life.

## Mental health conditions and associated stigma

Click on the list below to view information on stigma around each mental health condition. The links will take you to helpful information on the See Me website.



## Factsheet

Condition:

Associated stigma

Reason for stigma?

What is it really?

# How to combat mental health stigma and discrimination

Below we have information on the key methods to challenge mental health stigma and discrimination. These different methods are not exclusive to one another – using a mix of them, depending on which is appropriate in your school or community is the best way to support lasting change.

## Social contact

Social contact is when conversations happen between those who have experience of mental health problems and those who do not. This tends to be a planned interaction between people with mental health problems and key groups, and can also extend to include listening to, watching or reading about someone's experiences. Social contact is one of the most effective ways to change attitudes towards people with mental health problems. Social contact works because it focuses on the people, not the labels of the mental health problem. This means that negative assumptions and attitudes are challenged, in turn reducing stigma and discrimination.

**56%** of people who have experienced mental health problems have faced stigma and discrimination.

## Activity 3

### Reflective question

- How could social contact help end stigma and discrimination in your school?
- Are there opportunities to embed social contact into your school, through face to face contact, or through sharing See Me videos or resources which include people's stories?

## The voice of lived experience

It is generally agreed that people with experience of mental health problems and direct experience of stigma and discrimination should be central to the design and development of new anti-stigma programmes or support services.

It can be argued that, to be truly ethical, you have to involve the people who will use and rely on a service when developing it, often referred to the “nothing about us without us” approach.

People with mental health problems experience inequality and inequity in the opportunities they have, which can limit their outcomes at all stages of life; for example, they may receive inadequate support at school to enable them to fulfil their potential and go onto university, thus impacting their job prospects, their chances of promotion and the income level they can achieve, their likelihood of being in unemployment, and so on.

# Only 31%

**of people would tell someone if they had a mental health diagnosis and 62% also said they think that people are treated unfairly if they say they have a mental health problem.**

## Activity 4

Click on the videos below to learn more about the importance of lived experience in anti-stigma work. Please note some of these videos discuss topics including eating disorders and suicide.



### Reflective question

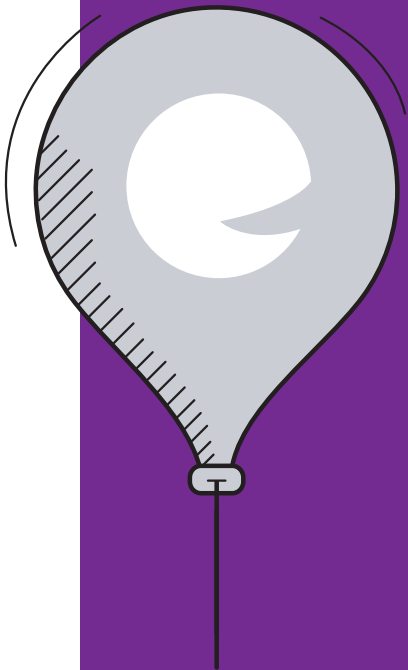
- Why do you think lived experience is so important to developing anti-stigma programmes?
- What inspires you from the experiences of others?



## Education

Education seeks to replace stigmatising attitudes with accurate representations of mental health. Education doesn't just mean in schools, or educational establishments, but in educating society to reduce stigmatising attitudes, language and behaviour by providing information which disproves misconceptions and stereotypes.

This can be done using many forms such as leaflets, posters, books, lectures, videos and teaching materials, like this toolkit. Through providing facts and dispelling myths about mental health, people are better able to understand and support others with mental health problems.



**We found that only  
26%  
of young people would  
tell someone if they were  
finding it difficult to  
cope, compared to 67%  
who would tell someone  
if they were feeling  
physically unwell.**

## Activity 5

Read Sally's story about being a youth champion with See Me and how she used her lived experience and passion to educate others.

### Sally's story



### Reflective question

- Why is it important for people to be educated on mental health stigma and discrimination?
- How do you think the training or experiences you have learned about would work in your school?

## Protest and influence

A protest is a statement or action which shows disapproval or objection. Not all forms of protesting involve big groups of people and signs! It is possible to make small, individual protests and still have an impact. Protest aims to challenge and repress negative attitudes towards mental health problems when and where they are expressed.

Protest can take place in response to negative or stigmatising and discriminatory coverage of mental health problems in the media or advertisements. Previously, there have been some high profile campaigns targeting supermarkets and theatre companies who use stigmatising misconceptions of mental health; for example, a mental health patient outfit being sold for Halloween.

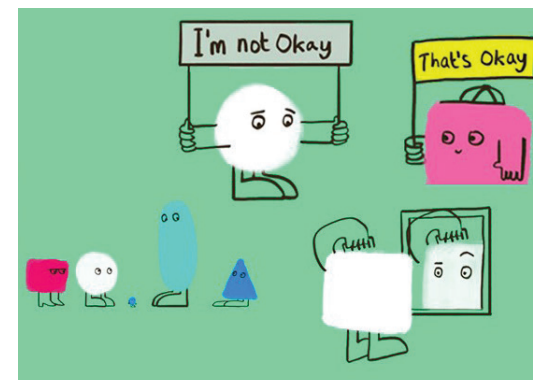
Things like boycotting, petitions and speaking out against inequalities are all ways to protest and influence change. It works because these actions get lots of people rallied around a shared cause and put pressure on decision makers or organisers to change.

Campaigns can be a really effective way to influence large groups of people; challenge negative perceptions and promote positive change.

**37%** of people in Scotland have witnessed stigma and discrimination towards people with mental health problems.

## Activity 6

Check out some of See Me's example campaigns for young people on the [See Me website](#).

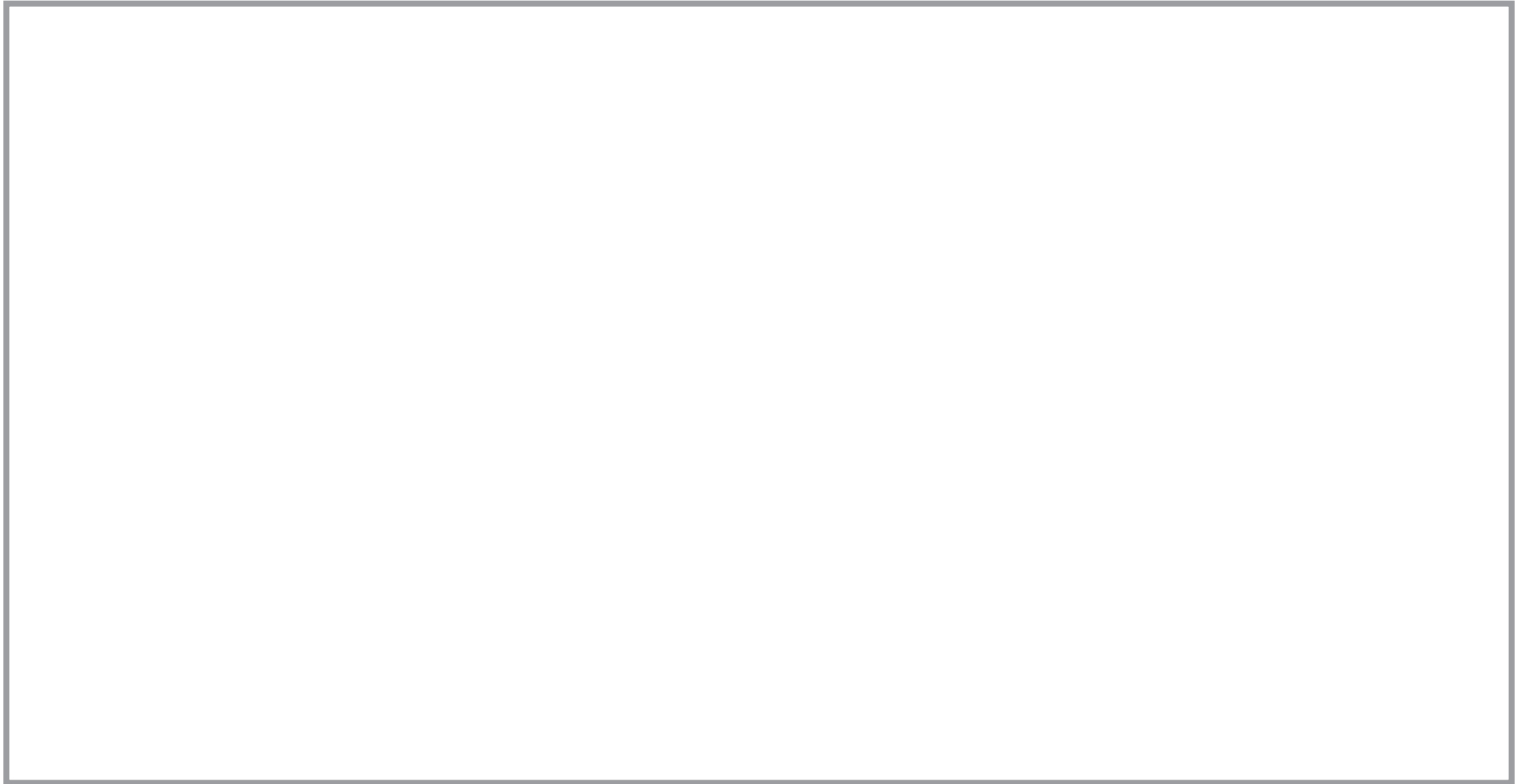


### Reflective question

- Reflecting on the various See Me campaigns that you explored above, do you think there is a campaign that would work well for your school and why?

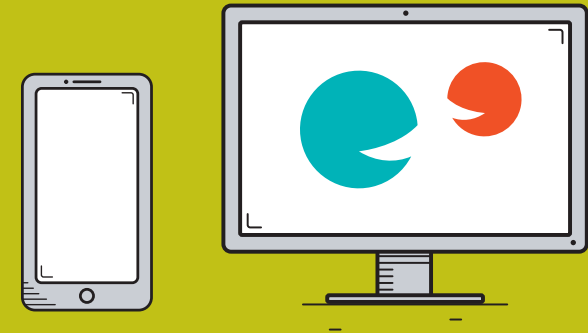
# End of Workbook Two

Thank you for taking the time to complete Workbook Two. Please share your completed workbook with your teacher to review.



# 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](mailto:jo@samaritans.org)**

**Self-help app: Welcome | Samaritans**

**Self-help visit: [www.samaritans.org](http://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](http://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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# 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](mailto: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](http://www.seemescotland.org)

If you're a Young Scot Member you have earned 200 Rewards points for completing the See Me Change Workbook 2. [Log in to redeem your points](#) or enter your points code: **LZTX0JG2**.

**Not a Member yet? Go to [young.scot](http://young.scot) to sign up!**

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



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