

# *See Me. See Change.*

Pupil Workbook One



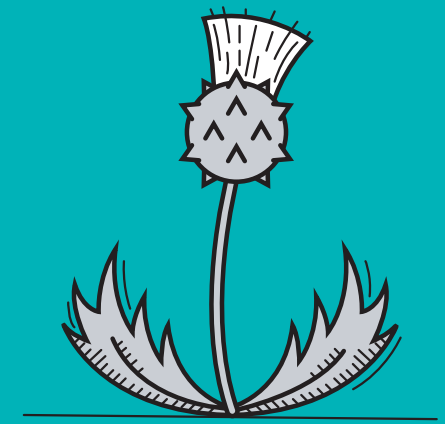
Thank you for showing an interest in learning about mental health stigma and discrimination and becoming part of a social movement of people all over Scotland who are working to make a positive difference to the lives of people with mental health problems.

We all have mental health, and any of us could go through a period where we struggle, but it's only with people like you that we can ensure that when we do, we are treated fairly, with dignity and respect.

We'd like to say a special thanks to all the See Me Youth Champions, See Me Volunteers and Young People Consultants who helped to develop the See Me See Change resources and sessions, as well as all the schools, leads and organisations that worked with See Me over the years and helped increase our knowledge and understanding of what works to tackle mental health stigma and discrimination in schools.

Special thanks also goes to everyone involved in the See Me See Change pilot, including North Ayrshire and Scottish Borders high schools, Lochend Community High School and Dunoon Grammar School; whose participation in the pilot, feedback and ideas have been so valuable and have blazed an anti-stigma path for lots more Scottish schools to follow.

We would also like to thank the Mental Health Foundation for their support evaluating the pilot.



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# What is See Me See Change?

**The See Me See Change approach for schools is for anyone who is interested in learning more about the impact that stigma and discrimination has on people with mental health problems, and wants to do something to make things better.**

The See Me See Change approach will include separate pupil and staff sessions, to support you to understand ways in which you and your school can tackle stigma and discrimination.

Pupils and staff will then come together to develop an action plan for your school to tackle stigma and discrimination and create a positive environment that is inclusive of mental health.

Pupils will take part in four sessions that will include learning about mental health, stigma and discrimination, ways to tackle stigma and discrimination and identifying actions for your school to take. It will empower you to make a positive change across your school and support your peers to get involved too. The sessions are complemented by three pupil workbooks which you can complete following each See Me See Change session.

The pupil resources and sessions have been designed by young people for young people, and it is encouraged that there are peer to peer opportunities for learning throughout the sessions, as much as possible, and when completing the workbooks.

## What will I learn?

After working through all three pupil workbooks and four sessions you will have:

- An increased understanding of mental health stigma and discrimination.
- A greater awareness of the impact of mental health stigma and discrimination.
- Increased knowledge of the ways in which we can reduce mental health stigma and discrimination across various settings.
- Increased capacity and confidence in taking action to tackle stigma and discrimination.



# What are the Pupil Workbooks for?

Alongside the four sessions, you will need to complete three short pupil workbooks. These are designed for you to gain further knowledge and information, as well as reflect on your learning throughout the sessions.

You will need a computer or tablet with PDF reading software and an internet browser. You can fill in the text boxes and click links that will open in your browser.

You will be guided to content from websites, watch videos and hear stories from people with experience of mental health stigma and discrimination. The PDF offers suggested points for group discussion if this is something you are able to do; in which case you may want to set up group messages, a quiet space or calls with peers. You can also complete it on your own.

You may want to have a pen and paper to take some notes or write down ideas. Most importantly – work at your own pace, in your own way, and don't forget to save your work as you go.

**This PDF will work best on a PC or laptop and we advise you download and save it before you start, to make sure you don't lose your work.**

Workbook	Topics	When to complete
1	<ul style="list-style-type: none"><li>About See Me</li><li>Understanding mental health</li><li>Understanding stigma and discrimination</li></ul>	After pupil session one
2	<ul style="list-style-type: none"><li>What are mental health problems?</li><li>Mental health stigma and discrimination in Scotland</li><li>How to combat mental health stigma and discrimination</li></ul>	After pupil session two
3	<ul style="list-style-type: none"><li>Speaking about mental health</li><li>Rights and policy in relation to mental health</li><li>Action planning to tackle mental health stigma and discrimination in your school</li></ul>	After pupil sessions three and four

# Beginning of module survey

## How can I review my learning?

Before you begin the workbook, please fill in the survey to the right. After you've taken part in all four pupil sessions, and completed all of the workbooks, please fill in the survey at the end of Workbook Three too – this allows you to track any changes in your thinking and to gather your thoughts at the end of the training.

There is no formal 'marking' – but we would encourage you to really take on board what you're learning, as the knowledge you pick up from the pupil See Me See Change sessions forms the basis of any further training with See Me.

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

# About See Me

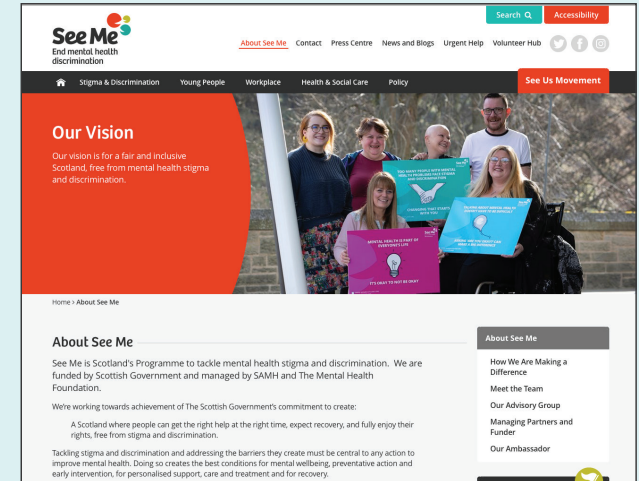
Find out more about Scotland's programme to tackle mental health stigma and discrimination.

This section tells you all about who we are and what we do, starting off with activities for you to research and find out more about us.

# Activity 1

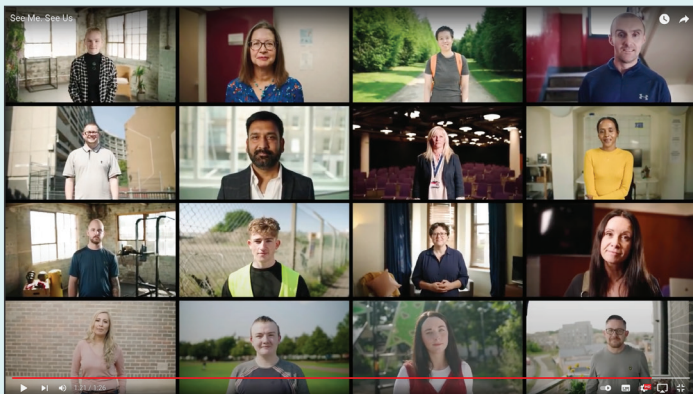
Head to the [See Me website](#) and find our [About See Me](#) pages by clicking on the screenshot.

Read through our mission and vision and consider what it means to you.



# Activity 2

Watch our [See Us](#) video by clicking on the image below.



## Reflective question

- In what ways might you take action or support someone you know?

# Understanding mental health

## What is mental health?

Mental health includes our emotional, psychological and social wellbeing.

**World Health Organization** defines mental health as:

**“Mental health is the foundation for the wellbeing and effective functioning of individuals. It is more than the absence of a mental disorder; it is the ability to think, learn, and understand one’s emotions and the reactions of others.”**

Mental health is part of your overall health. It’s about:

- How you feel, think and behave
- How you cope with the ups and downs of everyday life
- How you feel about yourself and your life
- How you see yourself and your future
- How stress affects you
- How you deal with negative things happening in your life.

Mental health and wellbeing exist on a continuum which means our emotional health and wellbeing can fluctuate depending on our:

- environment
- experiences
- genes and biological makeup
- supports and personal resources available to us.

Can you identify two of the social, environmental, personal and cultural factors that influence mental health and wellbeing? Write them down in the notes section at the end of the workbook.



## Remember:

- We all have mental health, just as we have physical health. They are both equally important.
- Everyone’s experience of mental health is different and it doesn’t always stay the same. It can change as circumstances change and as you move through different stages of your life.
- Mental health doesn’t equal mental illness; mental health is more than mental health problems.
- Recovery from mental health problems is possible with appropriate support and treatment.
- We all need to work to maintain good mental health in the same way we look after our physical health.
- Normalising conversations about mental health is really important in reducing mental health stigma.



# The mental health continuum

Our mental health exists on a continuum. There are two interacting continuums, one that represents positive and negative mental wellbeing and the other that represents the presence or not of a diagnosed mental health problem<sup>1</sup>:

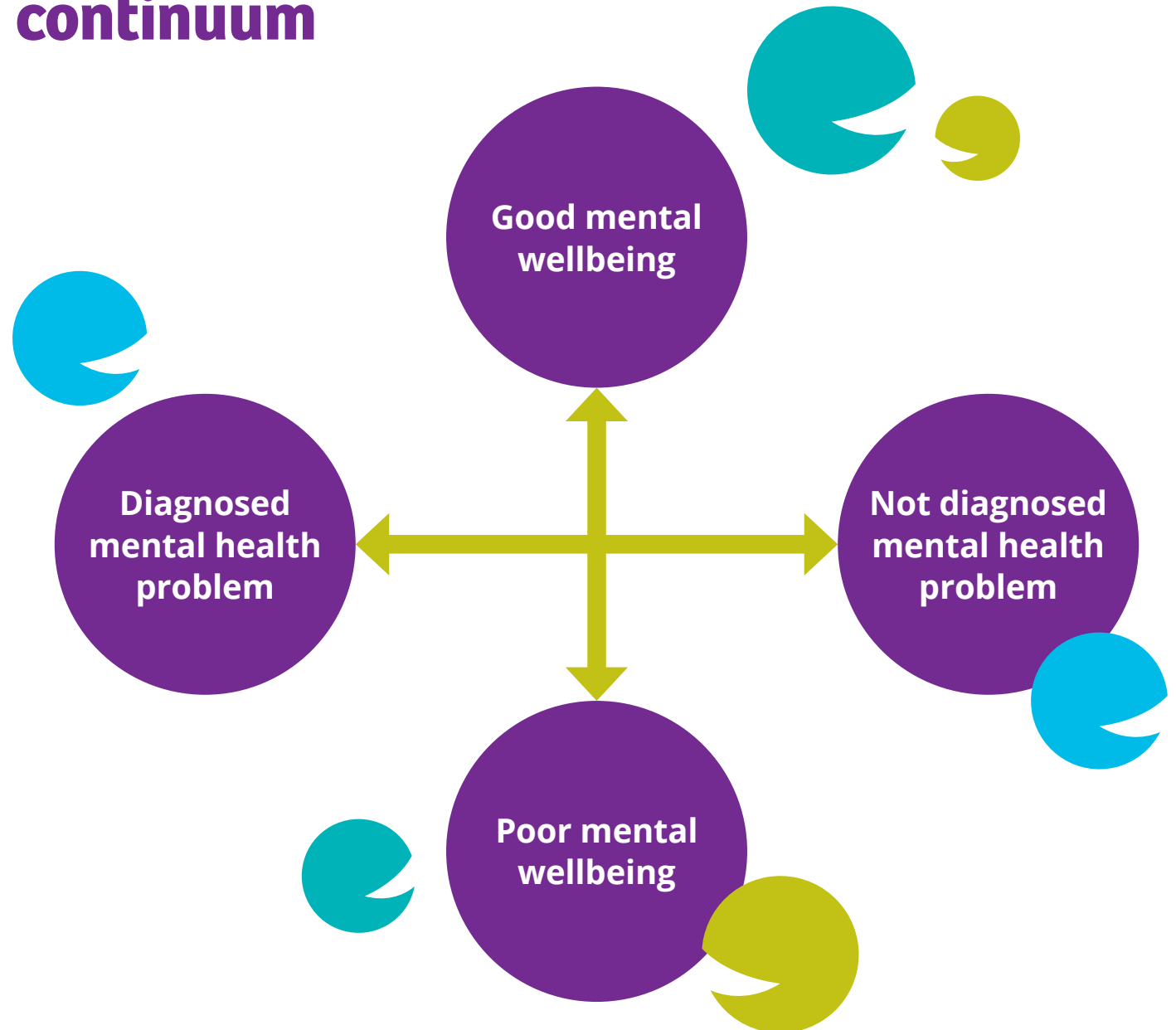
- People are not stuck in one place – they can move up, down and all around this continuum throughout their life.
- When our mental wellbeing is well managed, we can exist in the positive half of this continuum, regardless of any medical diagnosis.

Learn more about the mental health continuum via this [video](#).

After watching the video, can you define:

- Mental health?
- Wellbeing?
- Mental health problem?

Write your answers in the notes section at the end of the workbook.



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/>

# What is mental health stigma and discrimination?

**In Scotland, over the last decade there has been a sea change in the profile of mental health: in politics, in the media, in public and private services and across the population as a whole.**

There has been a noticeable shift in how people think and talk about mental health. Increasingly people are talking more openly about their mental health and that of others, are sharing experiences of mental health problems, are seeking help and support, and providing support to others.

There is a growing perception that this positive change is due to a reduction in stigma and while this may be true in part, unfortunately evidence suggests that behaviours towards mental health, particularly towards people who experience mental health problems, are more challenging to shift.

A high profile for mental health does not necessarily mean an equal reduction in stigma and discrimination.

Many people with mental health problems say that the stigma that surrounds mental health is harder to live with than the condition itself. Stigma results in discriminatory or negative behaviour and treatment towards people, and the fear of stigma often prevents people from seeking help and treatment.

Stigma is frequently perpetuated through mistaken beliefs and myths about mental health, and can be seen in people's attitudes, public policy, the media, etc.

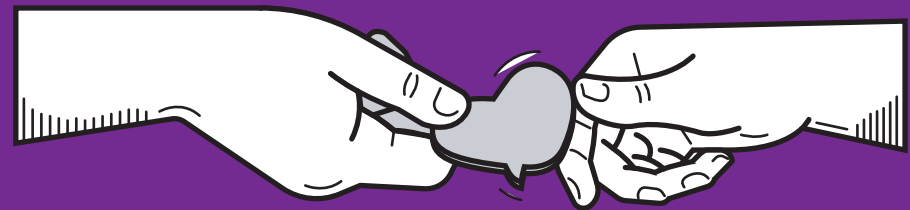
We can all work together to reduce stigma by providing accurate information about mental health conditions and their treatment.

**See Me defines stigma as:**

**“The negative attitudes or beliefs based on a preconception, misunderstanding or fear of mental health.”**

**See Me defines discrimination as:**

**“When a person performs an action, whether intentional or unintentional, that creates barriers and inequality for people with lived experience of mental health problems.”**

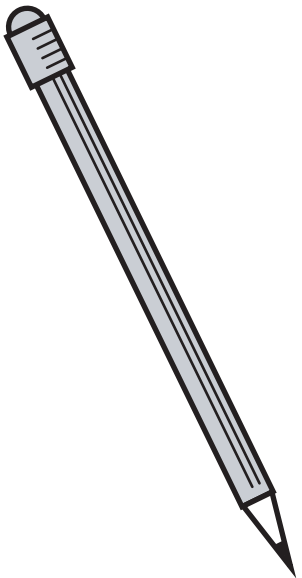


# Activity 3: Reflective question

Based on the definitions provided and your own thoughts about stigma and discrimination, can you think of examples of how they might occur around you?

Think about how mental health and mental health problems can be portrayed in the media.

One example for each is provided.



## Examples of stigma

A person sees someone with schizophrenia portrayed in a film as dangerous and worries they might be seen as dangerous if they have the condition.

## Examples of discrimination

A line manager gives an employee a disciplinary for being off work with depression because they think they are faking it or depression isn't real.

# Understanding stigma and discrimination

Mental health stigma is the myths, fears or misunderstandings of mental health. When thinking about 'stigma' it can be helpful to break it down a bit. According to research there are four types of stigma:

## Public stigma

Public stigma can be described as the negative attitudes and beliefs held by the general public towards people with mental health problems.

## Self-stigma

Self-stigma happens when people who experience mental health problems internalise public stigma and believe these negative attitudes apply to them. This can result in people limiting themselves and it can slow down recovery.

## Structural stigma

When the rules, policies, and practices of organisations restrict the rights of and opportunities for people with mental health problems. You can learn more about the social inequalities that people experiencing mental health problems face [here](#).

## Stigma by association

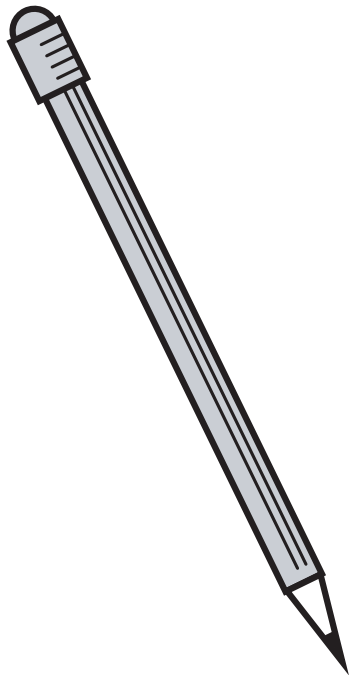
Stigma by association can be experienced by someone connected to people with mental health problems, e.g. a family member or friend who experiences stigma as a result of this association.



# Activity 4: Types of stigma

Put the corresponding letter for the type of stigma next to each example of stigma (you can refer to page 12 for the definitions).

Answers are on page 15.



- A: Self-stigma**
- B: Public stigma**
- C: Structural stigma**
- D: Stigma by association**

A mother whose son died by suicide is not supported by her family, who are embarrassed by the situation.

A person who is struggling with depression thinks that it means they are a burden for others.

An employer has no guidance or policy on implementing reasonable adjustments for someone who is experiencing mental health problems.

A music video portrays a psychiatric ward as the stereotypical 'horror movie' ward full of dangerous patients.

# Impact of mental health stigma and discrimination

At See Me, we believe that everyone has the right to be treated with dignity and respect, to feel able to speak openly and honestly about their mental health and to receive treatment if they are ill or distressed.

For those who live with mental health problems, experiencing stigma and discrimination can have a profound impact on day to day life. It can be difficult to talk about mental health, and when people do speak out they often feel that they are let down and misunderstood by family, friends, health professionals and work colleagues. While recognising that this is often unintentional, it can have a big impact on being able to deal with an illness.

**Stigma and discrimination can make a person feel like they don't matter and it can be frustrating to think that others view a mental health diagnosis as a more important part of someone's personality than the person themselves.**

The impact that the actions and reactions of others have on an individual should not be underestimated. Stigma and discrimination can leave you feeling isolated and can affect your day to day life.

## Activity 5

From your thoughts in Activities 3 and 4 and the experiences in the video – think of some common issues people face because of mental health stigma and discrimination.

If you are in a small group take time to discuss your thoughts. Sum up your thoughts in a few points in the boxes below. There are two examples provided.

### Common issues that people face:

Creating false reasons for not going out due to fear of telling people that you are struggling with a mental health problem.

Isolation from friends, colleagues, family and daily activity.

# End of Workbook One

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

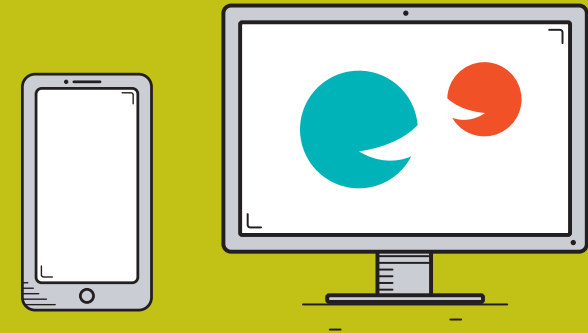


**Activity 2 answers:**  
**D. Stigma by association**  
**A. Self-stigma**  
**C. Structural stigma**  
**B. Public stigma**

A mother whose son died by suicide is not supported by her family, who are embarrassed by the situation.  
A person who is struggling with depression thinks that it means they are a burden for others.  
An employer has no guidance or policy on implementing reasonable adjustments for someone who is experiencing mental health problems.  
A music video portrays a psychiatric ward as the stereotypical 'horror movie' ward full of dangerous patients.

# 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 the 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 one-to-one.

**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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# 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 1. [Log in to redeem your points](#) or enter your points code: **C6PWO47B**.

**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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