



## **PRESS RELEASE**

### **For Immediate Release**

#### **National programme to end mental health discrimination looking for young volunteers age 16-25**

YOUNG people don't speak about their mental health when they are struggling to cope, often worried that they won't be taken seriously.

To change this See Me are looking for young volunteers to join their programme and help young people to speak about mental health, so they can get the information, help and support they need.

The volunteers will support See Me to deliver training for young people aged 11-18, as part of See Me's Education and Young People programme, to tackle mental health stigma and improve the mental health of children and young people in Scotland.

See Me carried out research with 885 young people, which found that only 37% said they would tell someone if they were finding it difficult to cope with their mental health, compared to 78% who would tell someone if they were physically ill.

When asked how they cope with negative thoughts and feelings only 21% said they would speak to someone who supports them, 46% would rather stay by themselves and 50% would cope by crying.

Jayson McSwiggan, a See Me Volunteer from Glasgow, said: "You don't realise how much change you can make. For me, if I help one person then I've done my job, but when you're together in a group then you can make such a big difference to people's lives.

"I felt like I was a walking question mark for 16 years of my life, nothing made sense, I didn't know why I felt like I did. Working with See Me helped, and the work we do will make a huge difference for other young people."

Laura Sharpe, See Me's education and young people's manager, said: "The only way to end mental health stigma and discrimination for children and young people is to work

alongside them, actively involving, engaging and empowering them to lead the change they hope to see in the world.

“Mental health impacts on every aspect of young people’s lives and we need them to know that it is okay not to be okay.”

See Me are looking for volunteers Scotland wide aged 16-25, with a specific focus in North Ayrshire, Falkirk and Fife initially. To find out more on how to apply visit [www.seemescotland.org](http://www.seemescotland.org).

**ENDS...**

**FOR MORE INFORMATION CONTACT:**

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**NOTES TO EDITORS**

1. See Me is Scotland’s National programme to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.

**We do this by:**

- Mobilising people to work together and lead a movement to end mental health stigma and discrimination
  - Working with people to change negative behaviour towards those with mental health problems
  - Ensuring that the human rights of people with mental health problems are respected and upheld
2. Follow See Me on Twitter @seemescotland or find us on Facebook: Facebook/seemescotland, <http://seemescotland.tumblr.com/>, <https://medium.com/@seemescotland>, or at [www.seemescotland.org](http://www.seemescotland.org)
  3. See Me is managed by SAMH and the Mental Health Foundation and funded by Scottish Government and Comic Relief

4. We work in partnerships with VOX, the Scottish Mental Health Cooperative and the Scottish Mental Health Arts and Film Festival to bring about a meaningful change in behaviours.

