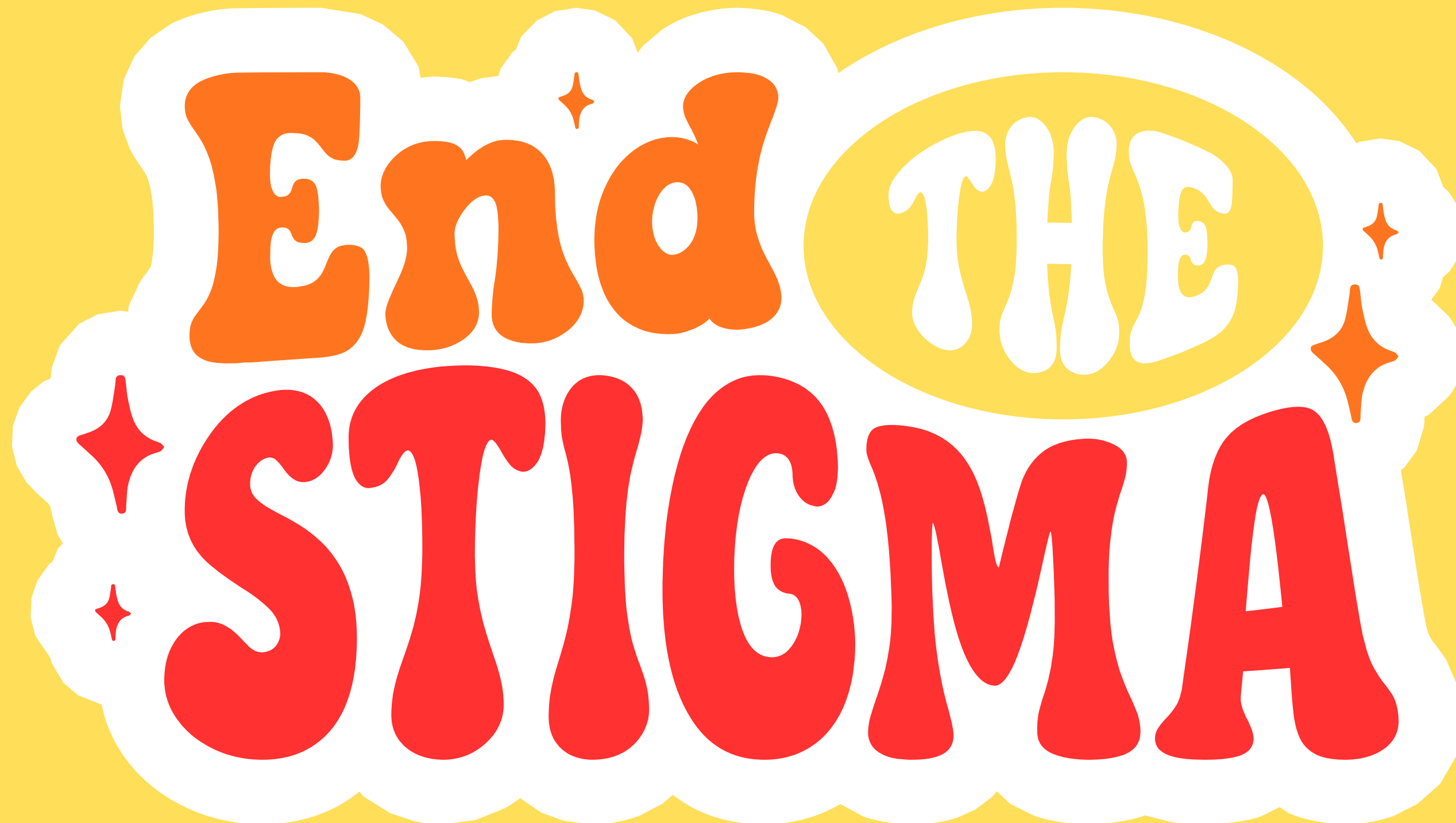


RASA

Renfrewshire Anti-Stigma Alliance



Who and What is RASA?

RASA is an alliance that is made up of 12 partner organisations who are taking action, individually and collectively, to tackle mental health stigma and discrimination and make a lasting difference in their local community...and beyond!

Active
Communities

Acumen

OneRen

Pachedu

Quality
Radio

RAMH

Renfrewshire
HSCP

See Me

The
Star
Project

Wellbeing 1st

You
Matter
Always

Youth
Services

RASA Aims



Empower people with lived experience

Influence and strengthen community action to end mental health stigma and discrimination in Renfrewshire

Promote community health and wellbeing and connect communities, groups and individuals to local resources.

Why we do what we do

Stigma and discrimination can make people feel like they don't matter. It can affect someone's self-worth, self-esteem, confidence, character, resilience and can have a detrimental and potentially devastating impact on people's lives. It can make mental health problems worse and stop people from seeking help and treatment. The actions, inactions and reactions of others should not be underestimated.

RASA appreciates how hard it can be to cope with mental illness and mental health problems without having to deal with stigma and discrimination. We are mindful of the harmful effects that negative attitudes or beliefs can have on someone. And we are aware of the actions (intentional or unintentional) that can create barriers and inequality for people living with mental health problems.

More than 70% of people in Scotland with a mental health condition have experienced some form of stigma and discrimination. (See Me Scotland).

Nearly nine out of ten people with mental health problems say that stigma and discrimination have a negative effect on their lives. (Mental Health Foundation)

Almost 20 million adults never speak about mental health. (Mind)

In the Scottish Mental Illness Stigma Study (SMISS) which was completed in 2022...

92% of participants say that they have experienced stigma in relationships with family and friends in the last year.

53% said that they respected themselves less because they will not recover or get better.

77% said they had been treated unfairly at work.

Of those who had faced stigma in mental healthcare services, 58% had avoided calling an ambulance or attending A&E in relation for emergency mental healthcare

The How of RASA.

Individually and collectively we tackle mental health stigma and discrimination through connection, communication and conversation.

We hold various events and campaign throughout the year to help create a sense of belonging, build strong community connections and improve mental health and wellbeing.

RASA events and campaigns include:

Walk-A-Mile (Spring style)

Walk-A-Mile (Christmas style)

Listen and Learn

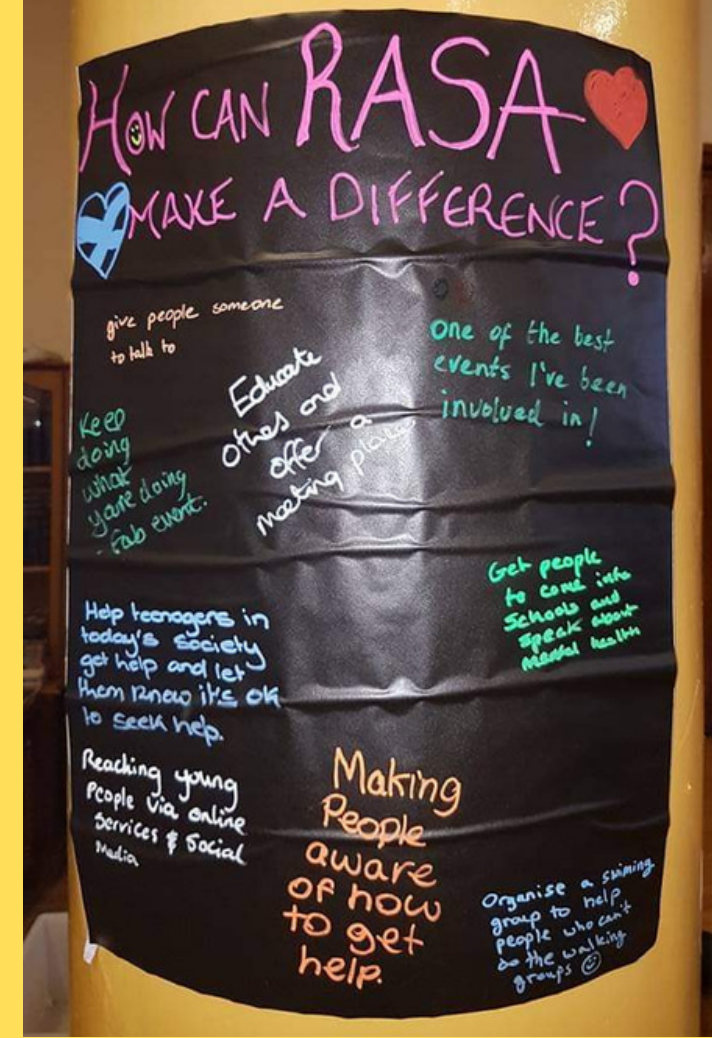
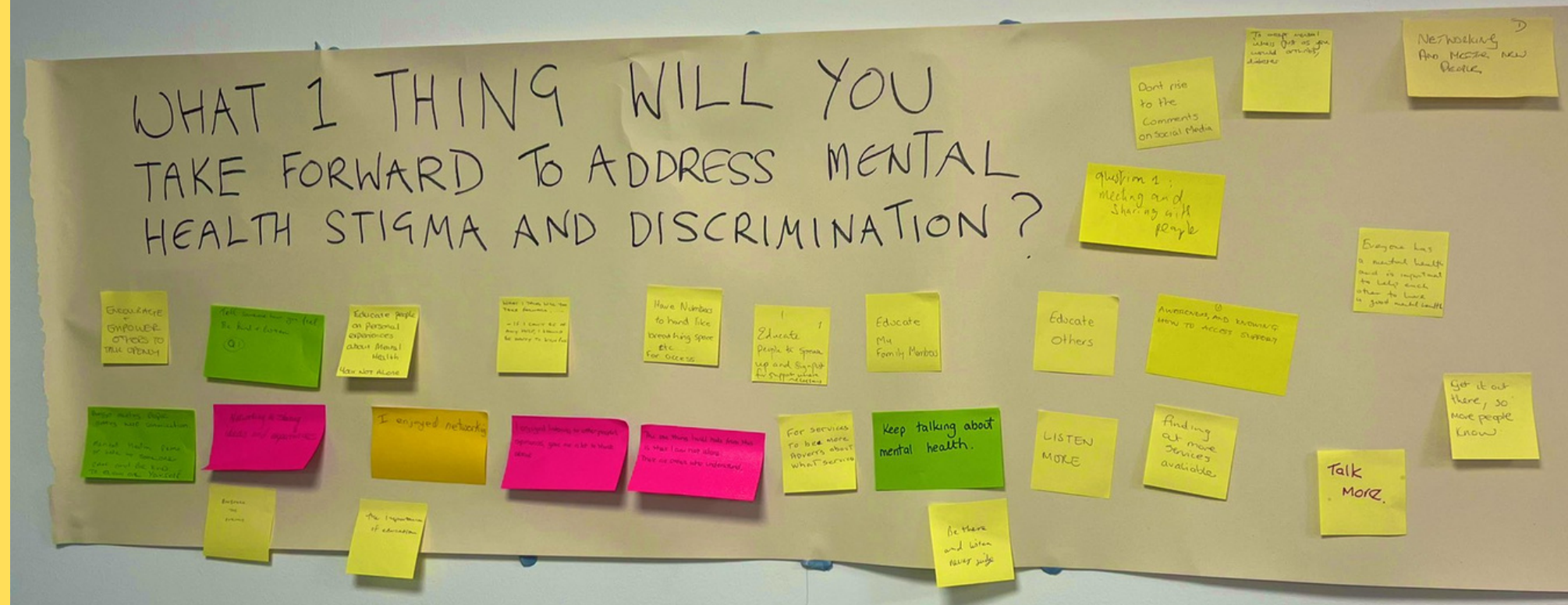
Wellbeing in the Park

Spread A Little Kindness

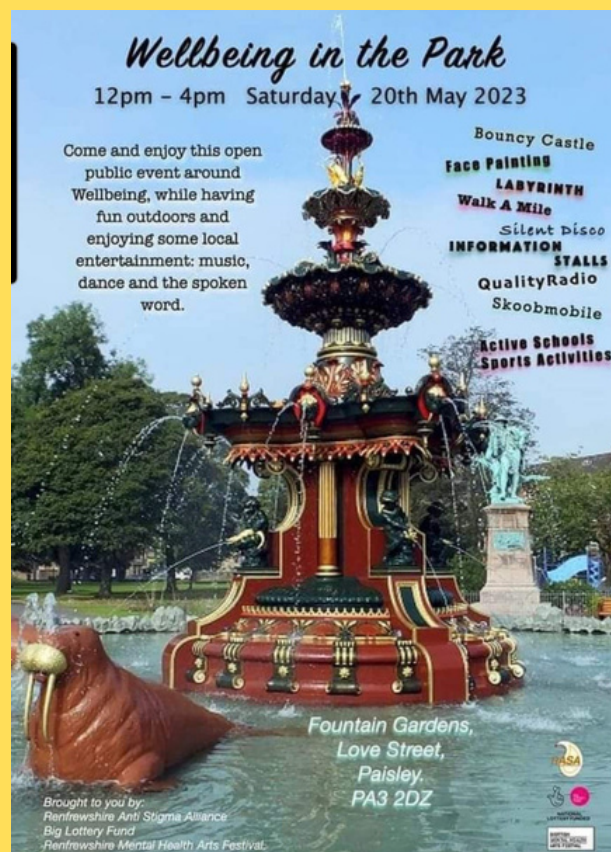
Poems with Purpose

Poems with Purpose 2





The How of RASA?



"Alone we can do so little, together we can do so much."

(Helen Keller)

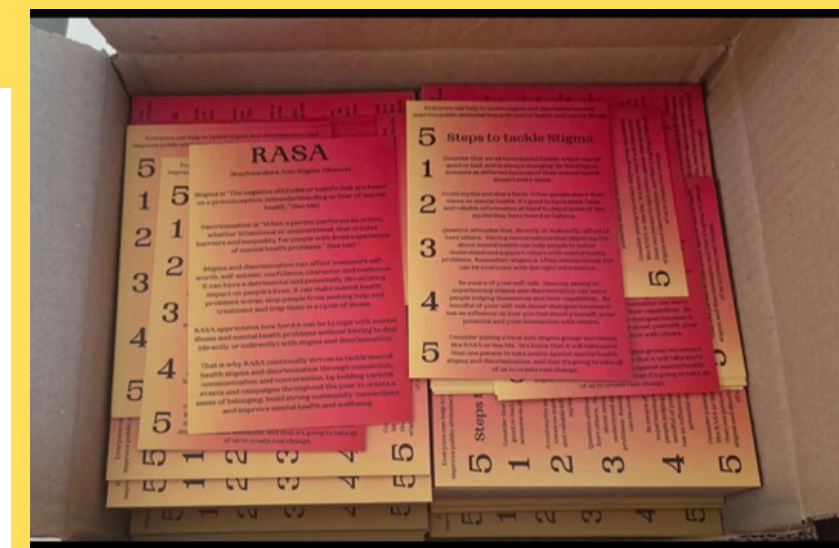
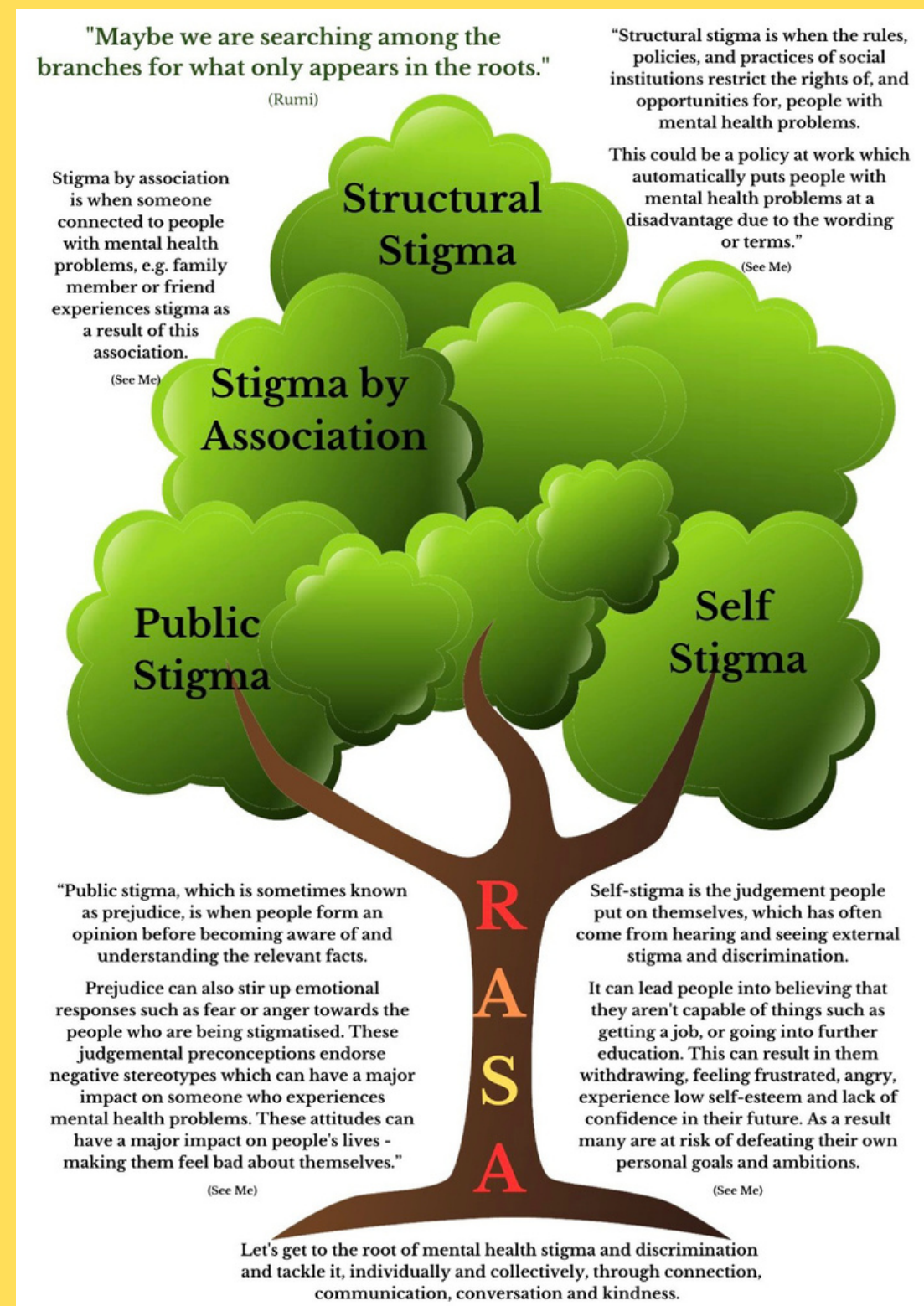


The How of RASA?

RASA Resources



Because everyone can help to tackle stigma and discrimination and improve public attitudes towards mental health and mental illness.



RASA steering group



Bernadette Reilly/Mary Christison, Renfrewshire Health & Social Care Partnership (RHSCP)

Senga McLeod, OneRen

Sarah Findlay, Star Project

James Power, Recovery Across Mental Health (RAMH)

Suzanne Baines You Matter Always (YMA)

Liz Devaney, Active Communities

Lizzie McLean, Renfrewshire Council (CLD)

Anna Cook, See Me

Chinenye Anameje, Pachedu

Norman Ross/Bob McWilliam, Quality Radio

Key themes from the steering group



There is a strong feeling that many people would be afraid to speak out about stigma. Many times, people choose to ignore stigma comments.

Sometimes stigma is just unfamiliarity/discomfort with people from different backgrounds. That is especially true of older people.

There needs to be more work done on anti stigma discrimination and understanding issues that are important to improve attitudes and create a fairer and more equal society to make social change.

Educating people in our communities is very powerful and tackling stigma behaviour head on in a supportive and non-threatening way can help change attitudes.

National & Local Context



Mental Health Strategy 2017-2027

The Scottish Mental illness Stigma Study (September 2022)

**National Dementia Strategy - Dementia in Scotland
“Everyones Story” (May 2023)**

HSCP Mental Health Care Planning Group established.

Suicide Prevention group established

Next Steps



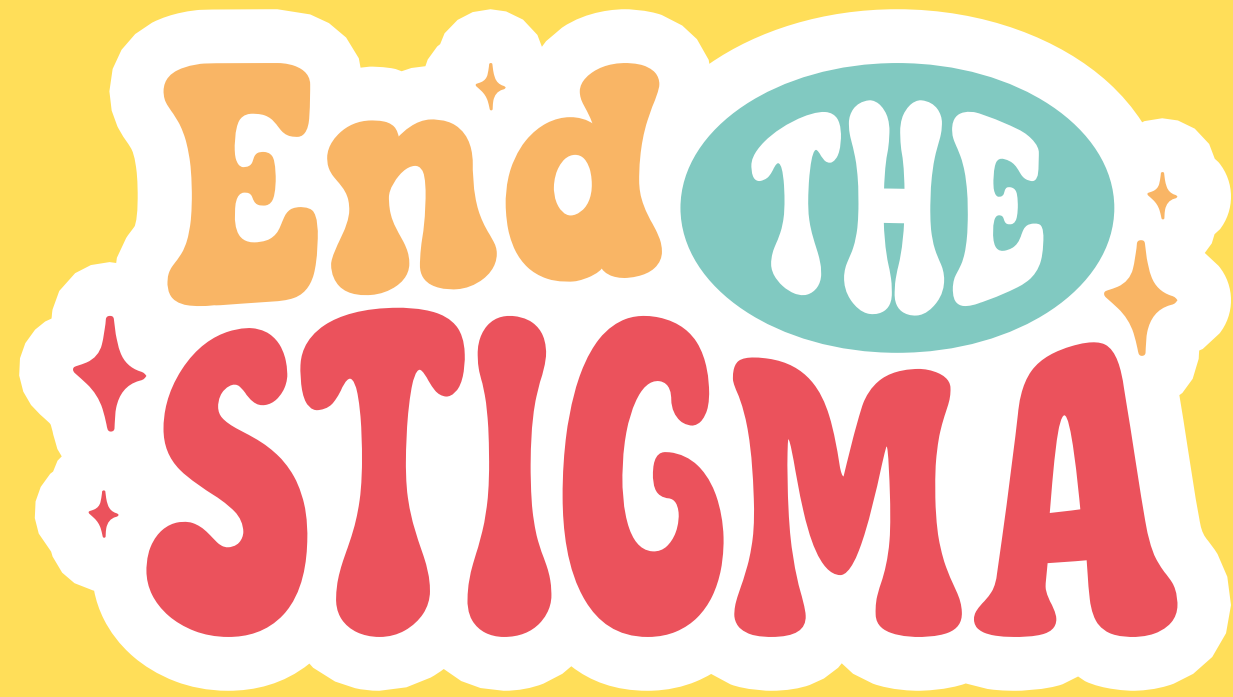
Work with SEE ME to enhance knowledge for RASA partners on up to date policies and practices.

Participate in SMHAFF – Listen and Learn event Oct 25.

Promote a social media Spread a Little Kindness Campaign.

Organise a Wellbeing Xmas walk 2025.

Stigma to Support



To



YES...mental health is being addressed more
But it's an area that we need to continue to explore.
And one that's still a bit of an enigma
Is the importance of tackling mental health stigma.
A topic that remains misunderstood
Which in the 21st Century, isn't good
Because stigma is defined as a mark of disgrace
And is still prevalent in society and the workplace.
It's a negative mindset that we must replace
To create a more equitable human race.
Stigma is not just a set of unfair beliefs,
It's a toxic presence causing unspeakable griefs.
It's where misconception and judgment take root
And can leave a person's character in disrepute.
Experiencing stigma can cut like a knife
And destroy many aspects of someone's life.
Tackling stigma should be in the core foundation
Of a lot of policies and legislation.
And, along with all the existing campaigning,
It should be fully embodied in mental health training.
An action that everyone can value and import
Is the need to proactively change stigma to support.

Thank you for listening



ONE
REN

