

TALKING TO ADULTS ABOUT MENTAL HEALTH

views of young people from Grantown
Spring 2016



WHY IT CAN BE DIFFICULT TO TALK ABOUT MENTAL HEALTH...

WHY IT CAN BE DIFFICULT TO TALK ABOUT MENTAL HEALTH AT HOME...

Afraid of getting in trouble / institutionalised.

People talking behind your back.

Because you think it's too personal to talk to anyone about it.

Embarrassed.

You might think people will laugh or make fun of you.

Don't want it spread around school or work.

Thinking you can deal with it yourself.

Don't know who to talk to about it.

Bullying.

People might think you are weird.

It is hard to explain what is wrong when you don't really understand yourself.

Don't want them to worry about you.

Might be other stuff going on (bills, other kids) and you don't want to make a fuss.

They might not want you anymore.

They might not believe you.

They might be too busy to speak about things.

They might feel responsible.

Your family might not want to accept that you are ill.

They might fuss over you.

The feeling that they might disown you.



...AND WHAT MIGHT MAKE IT EASIER TO TALK ABOUT MENTAL HEALTH

For it not to be a topic that people are scared to talk about.

If it was just as 'normal' in society to talk about mental health as physical health.

Not joking about it.

Teach more people about mental health so they understand.

If we knew we would get good help.

Not treating you differently.

...AND WHAT MIGHT MAKE IT EASIER TO TALK ABOUT MENTAL HEALTH AT HOME

You could get someone to tell your parents for you.

If they could listen without saying it's their fault because it makes you feel worse.

To know what helps you calm down! eg. draw, sports etc.

Being really close to your family.

If your parents understood more about it.

If you had another person that spoke to your parents about it too.

Having someone come in to talk to you about it.



VIEWS ABOUT HOW ADULTS CAN HELP

Always expect your child to maybe have a mental health problem so you can be prepared.

Have a fun thing to do e.g. movies.

Don't force them into anything i.e. talking, getting help.

Text at night time as that's generally when you feel worst and are thinking the most.

If young person doesn't want to talk just give them a hug and say "I love you". That can be enough to help them open up.

Do an activity together so you aren't sitting face to face like an interview.

Don't bring it up 24 / 7.

Stick with them through the bad days.

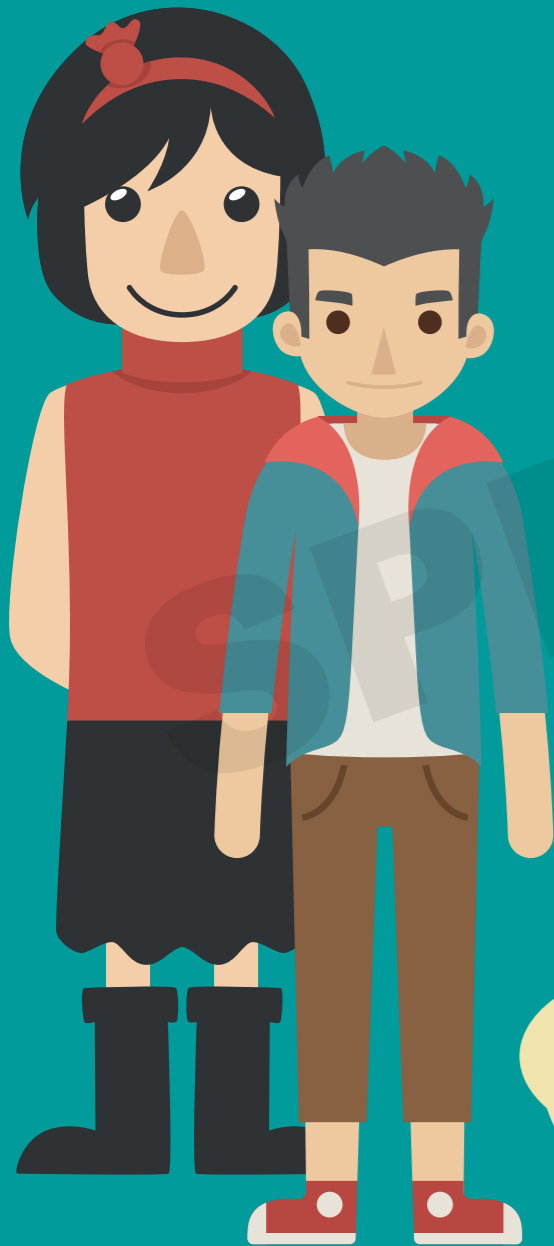
Try to keep calm because if you're calm they'll feel better!

Learn about mental health just in case because it could affect you.

Don't change, act like you would normally.

Keep it private.

Texting instead of talking face to face.



MORE HELPFUL SUGGESTIONS FROM YOUNG PEOPLE FOR ADULTS TALKING ABOUT MENTAL HEALTH

Spend more time with each other; have fun.

Stay calm.

Keep an open mind.

Be supportive.

Listen; don't judge.

Go to the doctors and get them to explain.

- 1 in 10 people in the UK ages 15 and 16 has self-harmed.
- UK self-harm rates are one of the highest in Europe at 400 per 10,000 every year.
- 1 in 4 young people will have had depression by the time they become adults.
- Estimated 24,000 suicide attempts are made by 10 - 19 year olds every year in England and Wales = 1 every 20 mins.
- Suicide is the leading cause of death in people under 35.
- In Scotland, on average 2 people die by suicide every day - more than road accidents.
- 20 - 45% of older adolescents report having suicidal thoughts at some point.
- In Scotland the suicide rate is higher than in any other part of the UK.

Information provided by
SPEAK@HUG, SPIRIT Advocacy, Cromwell Villa,
23 Lotland Street, Inverness IV1 1ST

SEEKING HELP

WHERE TO SEEK HELP

If you are having problems at school, a teacher, school nurse, school counsellor or educational psychologist may be able to help. Or tell about your problems someone you trust. They may be concerned about you and welcome the opportunity to hear what you have to say. Otherwise, go to your GP or speak to a health visitor. These professionals are able to refer to further help. Different professionals often work together in Child and Adolescent Mental Health Services (CAMHS).

ORGANISATIONS THAT CAN HELP

The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 - it's FREE. Or email jo@samaritans.org.uk

Penumbra (Scotland)

The Edinburgh Crisis Centre
0808 801 0414 • crisis@edinburghcrisiscentre.org.uk
07974 • 429075 (SMS)

Providing a 24 hour helpline for people aged 16 or over who use or have used mental health services and their carers, along with the possibility of staying at the centre for up to seven nights.

CALM

(Campaign Against Living Miserably)

0800 58 58 58

National helpline is open 7 days a week, 5pm to midnight. Callers can talk through any issue, we'll listen and offer information and signposting. Calls are anonymous & confidential and won't show up on your phone bill. Calls are free from landlines, payphones and all mobiles.

PAPYRUS

(Prevention of Young Suicide)

0800 068 414 • pat@papyrus-uk.org
07786 209697 (SMS)

Specialist telephone service staffed by trained professionals who give non-judgmental support, practical advice and information. Opening hours: Mon-Fri: 10am-10pm, weekends: 2pm-10pm & bank holidays: 2pm-5pm

The Mind Infoline

0300 123 3393 • info@mind.org.uk

Information line to answer questions about types of mental health problems, where to get help, drug and alternative treatments, advocacy.

ChildLine

0800 1111

Calls are free and confidential. You can contact ChildLine about anything. No problem is too big or too small. Online chat. Chat to a ChildLine counsellor online in a 1-2-1 session any time you want.