

# What's on your mind?

**Peer workshop**



[seemescotland.org](http://seemescotland.org)

## What is the workshop about?

This Peer Workshop is aimed at 16-18 year olds and the adults in their lives. It is designed to act as a starting point to using the What's on Your Mind resource and is the first step to talking about mental health in a non-stigmatising and safe way.

## What are the aims?

- To better understand mental health
- To understand stigma, discrimination and how it relates to mental health
- To stop mental health being seen as an embarrassing subject to talk about
- To encourage young people to support each other and raise awareness of the importance of early intervention and support

## Audience

Mental health workshop can be delivered in schools or youth settings.

## Time

The workshop will take 50 minutes to facilitate and is broken down into sections.

## Materials

You will need: Workshop outline and flipchart, pens, post-it notes, blu tack, WOYM cards and the pack.

## What is covered?

- Group agreement and triggers (keeping everyone safe) – 10 minutes
- What is mental health? – 15 minutes
  - Facts continuum (Stats and issues)
  - Explain mental health and the impact of stigma and discrimination
  - The importance of resilience and coping
- Physical health vs. Mental health and recovery – 10 minutes
- How to recognise someone in need of support – 5 minutes
- Introduce What's on Your Mind? pack – 5 minutes
- Questions – 5 minutes

These are taster sessions from the pack.

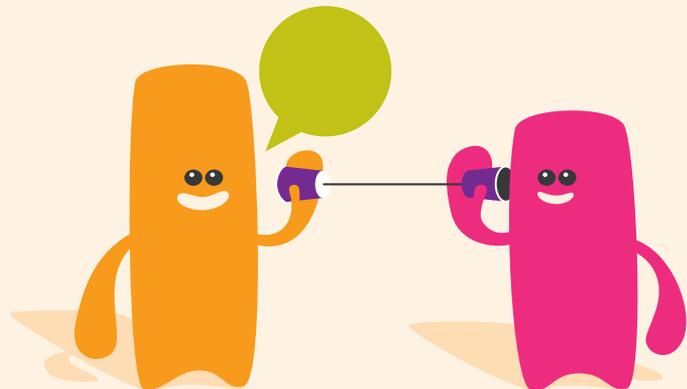
## What change do we hope to see?

Through providing a basic level of information on mental health and through encouraging people to be more open about mental health it is hoped that young people and the adults in their lives will be able to speak out, challenge stigmatising views, share ideas on managing difficulties whilst encouraging help-seeking behaviour among others.

**Our new schools programme aims to help young people understand the importance of good mental health, recognise how it affects people and build confidence to talk more openly about mental health, challenging stigma and discrimination.**

**See Me will be introducing a range of materials, resources and training into your school to support children, young people and adults to better understand their own mental health needs and those of others.**

**These materials can also be found at [seemescotland.org](http://seemescotland.org).**



## Activity 1: Group agreement and triggers (keeping everyone safe)

Through establishing a group contract we are able to ensure that young people feel safe and confident to openly participate in the activities. Shared ownership of the contract allows young people to be involved in setting the parameters, understanding 'triggers' and enables support to be put in place.

Triggers are events or circumstances that may produce very uncomfortable emotional or psychiatric symptoms. Reacting to triggers is normal, students can keep themselves safe by not discussing anything they feel uncomfortable with, not feeling pressure to participate and being allowed time out if needed.

**Time:** 10 minutes

**Materials:** Flipchart and pens

- Ask participants to take a few minutes to consider the top headings that young people may pick and why?
- Write these on a flipchart and discuss
- Ask participants to think about the type of issues that could be considered triggers and why?
- Write these on a flipchart and discuss

## Activity 2: What is mental health?

Mental health is defined as 'a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community'.

**Time:** 15 minutes

**Materials:** Facts continuum, CYP tips video, 'agree', 'disagree' and 'unsure' signs

### Part 1 – Facts continuum (Stats and issues)

- Put up the signs – 'agree', 'disagree' and 'unsure'
- The facilitator (person leading the activity) will read from a series of statements, e.g. 'People with mental health problems don't get better'
- Participants choose to 'agree', 'disagree' or 'unsure' and stand by the sign - it is ok if they do not know the correct answer
- Facilitator to generate discussion amongst the group on where/how individuals stood/responded



## Facts

1. Diet, exercise and regular sleep pattern are all effective ways to support mental health and wellbeing.
2. Anyone can experience a mental health problem.
3. Stigma against people with a mental health condition is uncommon in Scotland.
4. Distress can occur in someone who has a mental health condition.

## Answers

1. Agree – All of these can help support positive mental health and wellbeing.
2. Agree – We all have mental health and as such anyone could develop a mental health problem.
3. Disagree – Stigma is unfortunately very common however lots of people are working towards changing this and we can all challenge stigma.
4. Agree – We can all experience stress and people can experience distress at different times. Distress is caused by a problem or event.

This is a taster of the wider session available in the WOYM pack.

## Part 2 – Mental health and the impact of stigma and discrimination – CYP video

Show participants the film: Mental health - tips and hints from young people. A copy can be found at [seemescotland.org](http://seemescotland.org).

## Part 3 – Introducing resilience and coping

There are no right or wrong things to feel, people all feel different things at different times and lots of things can affect this; from family life to school and work. Sometimes people can get a bit overwhelmed and the best thing they can do is to find someone who will listen and help them get support. Individuals who are struggling with their mental health get better sooner with early intervention.

The WOYM pack contains information on building resilience and a resource pack specifically focusing on building resilience in young people is available on the See Me website.

**“1 in 10 young people in Scotland experience mental health problems. Mental health issues include depression, anxiety, eating disorders and self-harm, and are often a direct response to what is happening in children and young people’s lives.”**

World Health Organisation



### Activity 3: Physical health vs. Mental health

**Time:** 10 minutes

**Materials:** 2 x flipchart sheets, pens

This exercise is about opening up a discussion, participants don't have to agree with or believe in the ideas or names they offer/say.

- Split participants into two groups and give them each a piece of flipchart paper – One should be titled physical health and the other mental health
- Give the participants five minutes to 'thought shower' the words that come to mind
- Ask a participant from each group to read out their list, what do they notice about the type of words used on each sheet?
- Discuss the similarities and differences in participants responses consider the differences in the words used, both positive and negative, and discuss the impact of these

As we all have physical health, we all have mental health however this can often be overlooked and in many ways this is one of the few remaining taboo subjects in our society. There are additional sessions contained within the WOYM pack on this area.

### Activity 4: How to recognise someone in need of support

**Time:** 5 minutes

**Materials:** WOYM guidance and cards

See WOYM card and discuss key aspects. There are no right or wrong things to feel, people all feel different things at different times and lots of things can affect this; from family life to school and work. Sometimes people can get a bit overwhelmed and the best thing they can do is to find someone who will listen and help them get support.

The WOYM card provides information on;

- How to recognise the need for support (back page) How are you feeling and doing?
- How to identify someone to talk to (front page) Find someone who is?
- Information on help and support (back page) Where can you get help and support?

This card focuses on improving mental health literacy, reducing stigma. The cards supports young people to have an awareness of the problem, express the problem and the need for help, whilst identifying sources of help to access.

## Activity 5: Introduce What's on Your Mind? pack

**Time:** 5 minutes

**Materials:** N/A

Hand out example WOYM materials and packs. The pack has been designed to support both teachers and students to become informed on the topic of mental health and develop the core skills and confidence to tackle stigma and discrimination within the school and wider community.

The pack will be split over three key areas built around the four capacities outlined in Curriculum for Excellence: Successful Learners, Confident Individuals, Effective Contributors and Responsible Citizens; within these it will address the key learning outcomes of the Health and Wellbeing Curriculum covering: Mental and Emotional Wellbeing, Social Wellbeing, Physical Wellbeing and Relationships.

The WOYM pack can be downloaded from the See Me website at [seemescotland.org](http://seemescotland.org).

## Activity 6: Questions

An opportunity for participants to ask any questions they have about the workshop or pack.

**Time:** 5 minutes

**Materials:** N/A

Ask participants if they have any questions. Provide information on FAQ if participants struggle to come up with questions.

A copy of frequently asked questions can be found on the See Me website at [seemescotland.org](http://seemescotland.org).



