

The Stigma of Mental Health Worksheet For Tutor

Even in this modern-day world people still struggle to understand mental health.

Dismissive behaviour and or offensive, hurtful language from the people believed to be your support foundation, may feel sole destroying, leaving individuals feeling worthless, empty, and alone. This is never the case, no-one is ever completely alone, things are never as bad as they seem. It is not acceptable to just tolerate other people's misconceptions, their lack of understanding nor lack of compassion, it is a learnt behaviour, as a society we need to stamp out the stigma.

This stigma and discriminatory behaviour can make mental health problems worse delaying recovery or prevent individuals from obtaining help and support altogether, leading into a cycle of illness.

1. What experiences have you had with mental health?

Discussion -

Unfortunately, negative attitudes and beliefs towards people who have a mental health condition are common. Studies have shown that one in four people genuinely care and have sympathy for individuals who live with a mental illness. Yet, one in four people in the UK alone suffer from a Mental Health disorder every year.

Increased suicide rates due to mental illness.

2. How do you think we may help support people with mental health issues?

Sharing reliable information to help them understand about what each diagnosis really means. Research, knowledge is key.

Getting more involved in the treatment process. Having personal input to treatment, making opinions heard, knowing steps that are available that can be taken, should the treatment have received not meeting the individual's needs.

Having an advocate. An advocate is someone who can support choices.

Knowing your rights in legal situations.

Talking about experiences. Sharing can help improve people's understanding and change their attitudes.

3. Have you inadvertently used language that may have had an impact on someone? How can we help reduce the stigma?

- Educate yourself about mental illness including substance use disorders
- Beware of your attitudes and behaviour
- Choose your words carefully
- Educate others
- Focus on the positive
- Support people, listening, sharing
- Include everyone

4. Robert mentioned in the video making time for yourself, feel what you are actually feeling. The perception of what we believe we are to what we actually are. What are some focus points to be considered to help yourself?

Undertaking exercise/walking allows your body to release "feel-good" chemicals known as endorphins which helps in enhancing your well-being. Regular exercise is good for our physical well-being. However, it is equally important for our mental health, reducing anxiety, depression, improves mood therefore improving self-esteem, cognitive function, and overall emotional well-being.

Talking sharing the things that are bringing concern, thoughts over the reality.

Doing things that make you feel better about yourself.

Selfcare strategies - Meditation, mindfulness, selfcare in turn loving yourself, daily check in, be available for yourself – it is not selfish it is selfcare.

Healthy or healthier diet, drinking enough water to keep hydrated in turn all helps cognitive functions.

Check in with yourself try to feel how you are actually feeling.

Be open, be aware and do not forget share.