



World Mental Health Day Colouring Book



you're NOT Alone!
10th October



The Scottish Youth Parliament's Campaign on young people's mental health

The Scottish Youth Parliament is the democratically elected voice of Scotland's young people. Our vision for Scotland is of a nation that actively listens to and values the meaningful participation of its children and young people.

Our current national campaign focuses on young people's mental health. The campaign is youth-led and is called *Speak Your Mind*.

Our key areas: prevention, early intervention, and improving services and support.

Our aims: increasing young people's understanding and awareness of issues related to mental health; tackling stigma surrounding mental health; identifying young people's awareness and experience of mental health information and services; advocating for high quality mental health information and services for all of Scotland's young people.

As part of our campaign, we researched young people's awareness and experience of mental health information, support, and services. Of the 1483 young people aged 12-26 who took part:

Nearly

3 in 4

do not know what mental health support or services are available locally

1 in 5

do not know where to go for support and advice for a mental health problem

27%

do not feel supported to talk about mental health in their school, college, university, or workplace

18%

of those who consider themselves to have experienced a mental health problem have not accessed mental health services

Those between

18 and 26

are less likely to find mental health information young person-friendly compared to those aged between 12 and 17

Young people believe it is important to take a human rights based approach to mental health



Speak Your Mind on World Mental Health Day

World Mental Health Day is 10 October 2016, and *Speak Your Mind* is The Scottish Youth Parliament (SYP) campaign on young people's mental health.

As part of the *Speak Your Mind* campaign, SYP has released a piece of research called, *Our generation's epidemic*, that explores young people's experience and awareness of mental health services, support, and information. The report was titled after a quote from one of the research participants. Like the quote, all the images in this colouring book were drawn by young people. SYP asked the participants to draw what mental health meant to them, and to picture how they felt about the research findings.

Drawings were contributed by:

Chelsea Downie, Dundee

Ellie McLeod, Dundee

Fairmilehead Senior Section, Girlguiding Edinburgh

Niamh Gillies, Edinburgh

Rachael McCully MSYP, South Lanarkshire

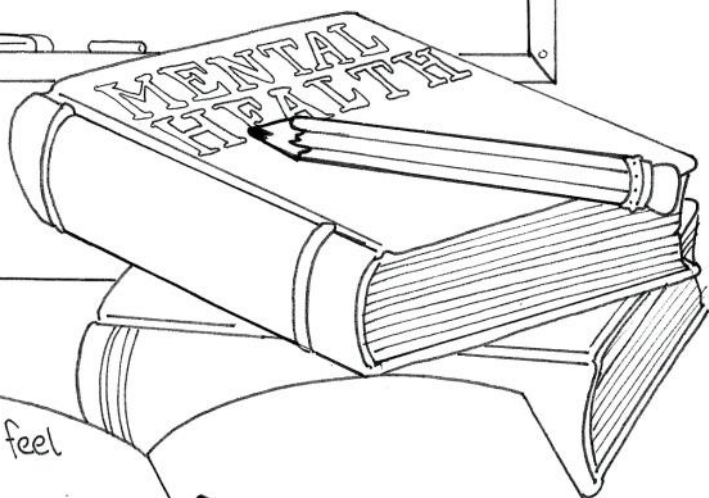
21% of 18 to 26 year old respondents
did not find public information about mental health young person friendly.

Embarrassment

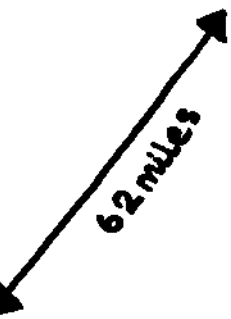
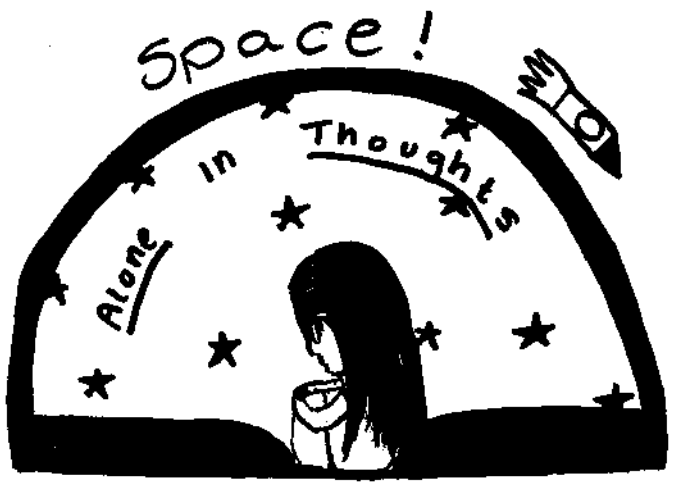
Alone



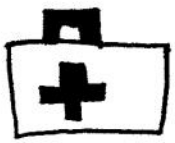
you're NOT Alone!
10th October



Thought bomb



Happiness is far away from her thought bomb!



1 in 5 respondents did not know where to go for advice or support for a mental health problem.

Scared

Lost

depressed

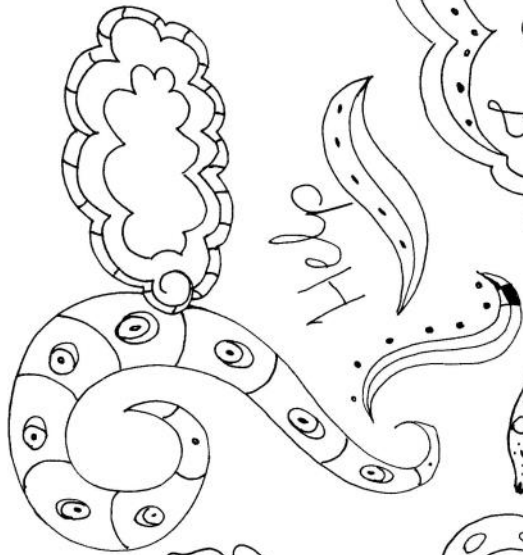
You're
making

it up

Help

I can help you

Attention Seeker

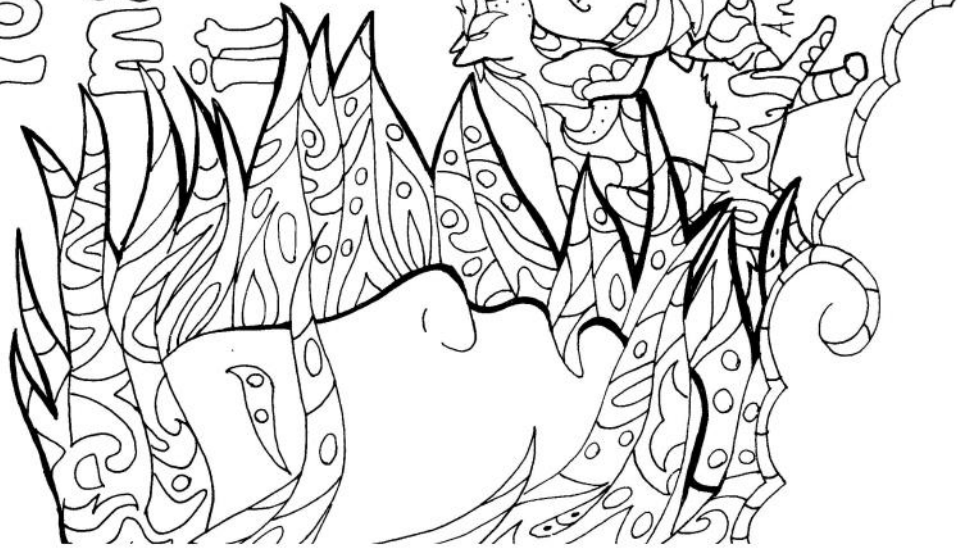


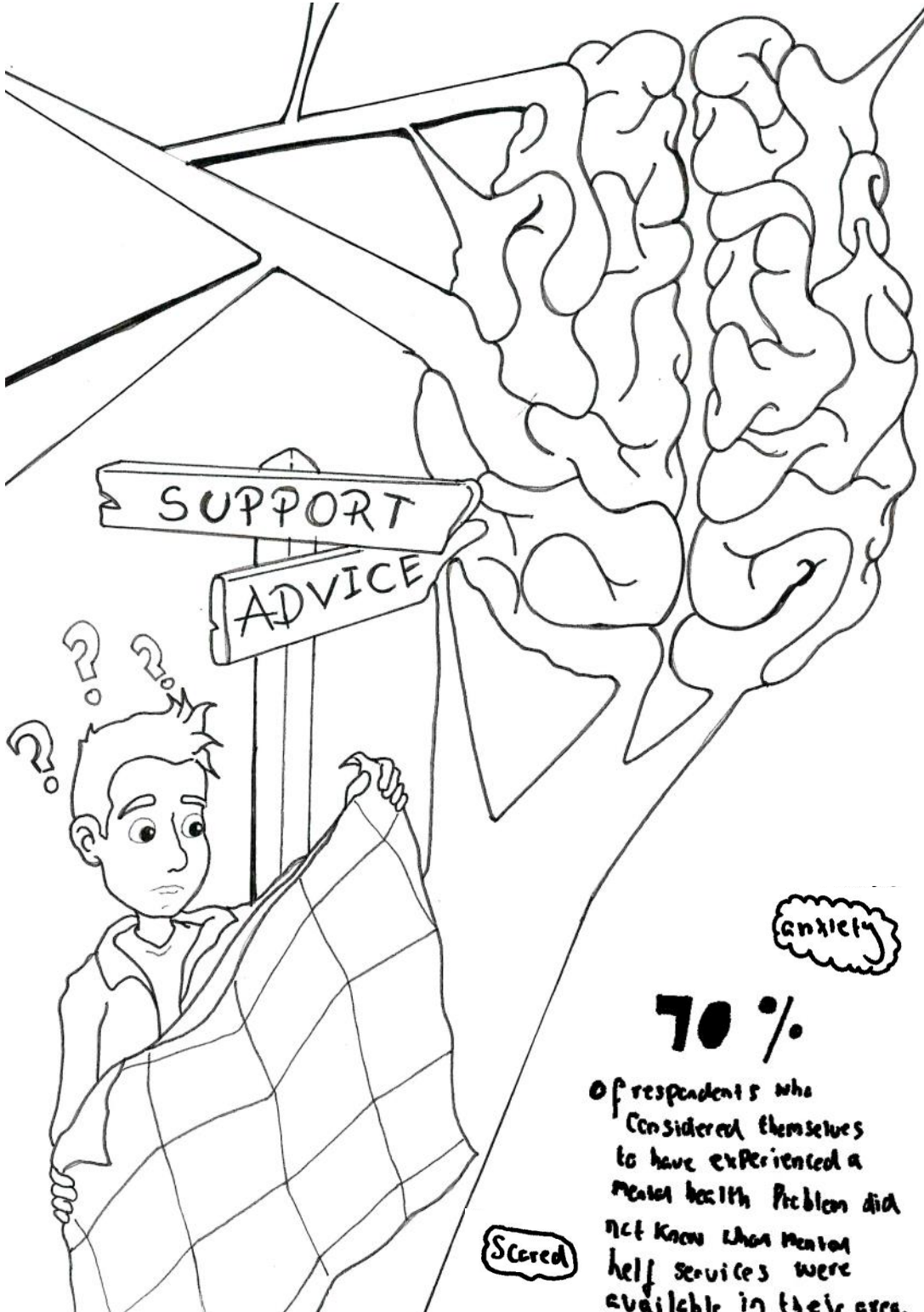
non-verbal

Anxiety



second thoughts





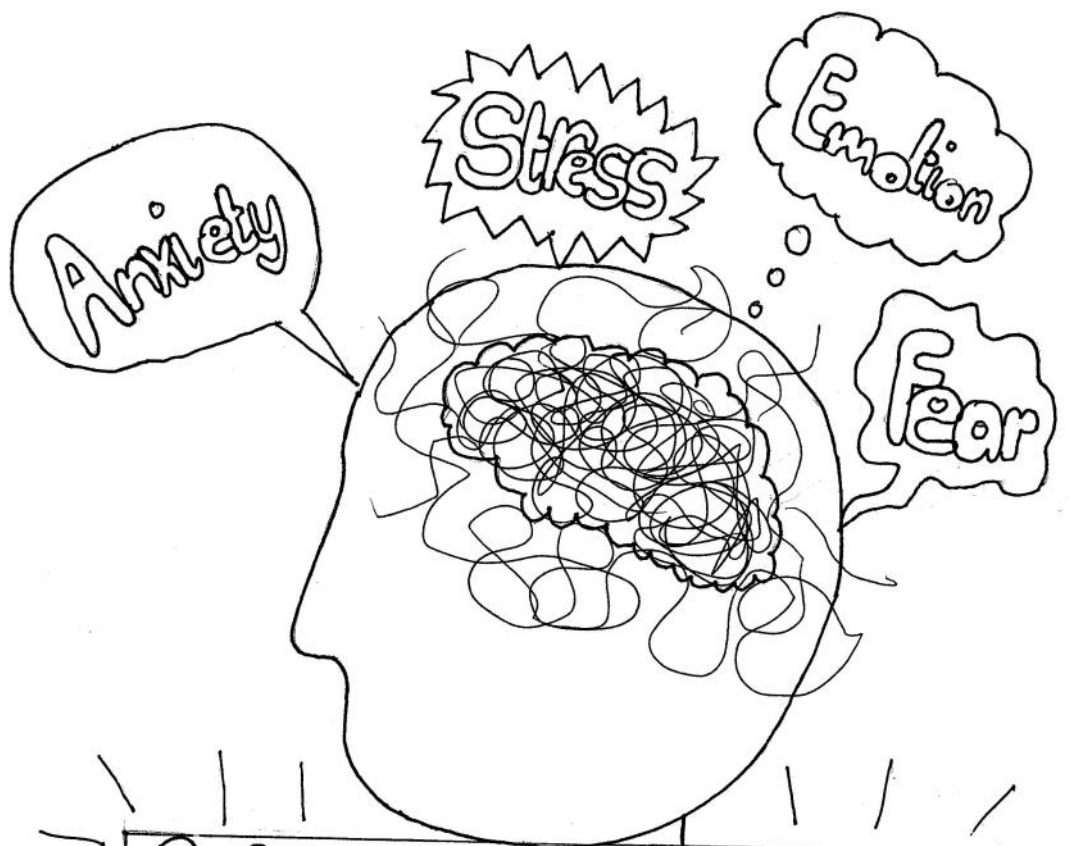
SUPPORT
ADVICE

anxiety

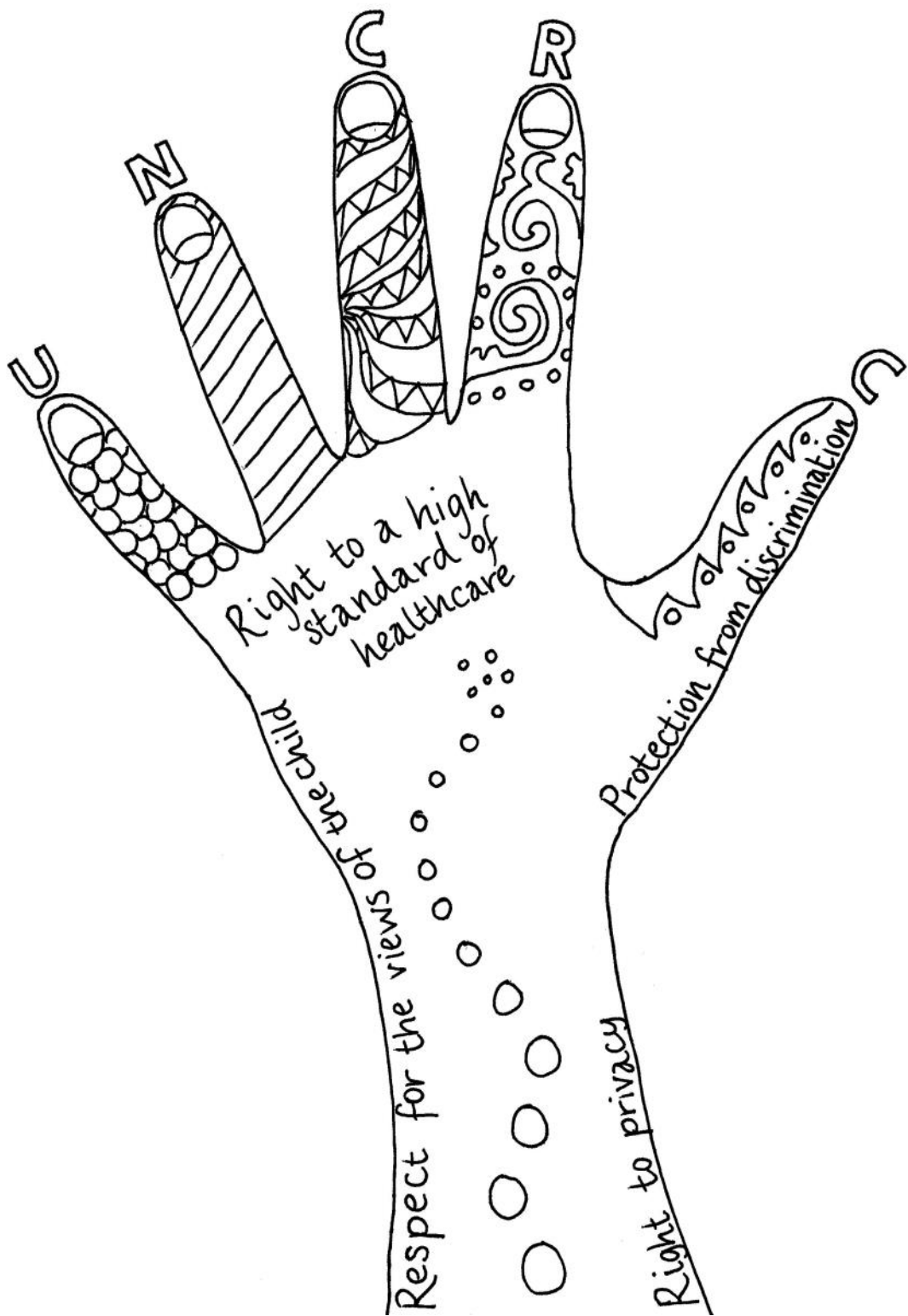
70%

Of respondents who considered themselves to have experienced a mental health problem did not know when mental health services were available in their area.

Scared



Mental Health



U

N

C

R

Right to a high standard of healthcare

Right to privacy

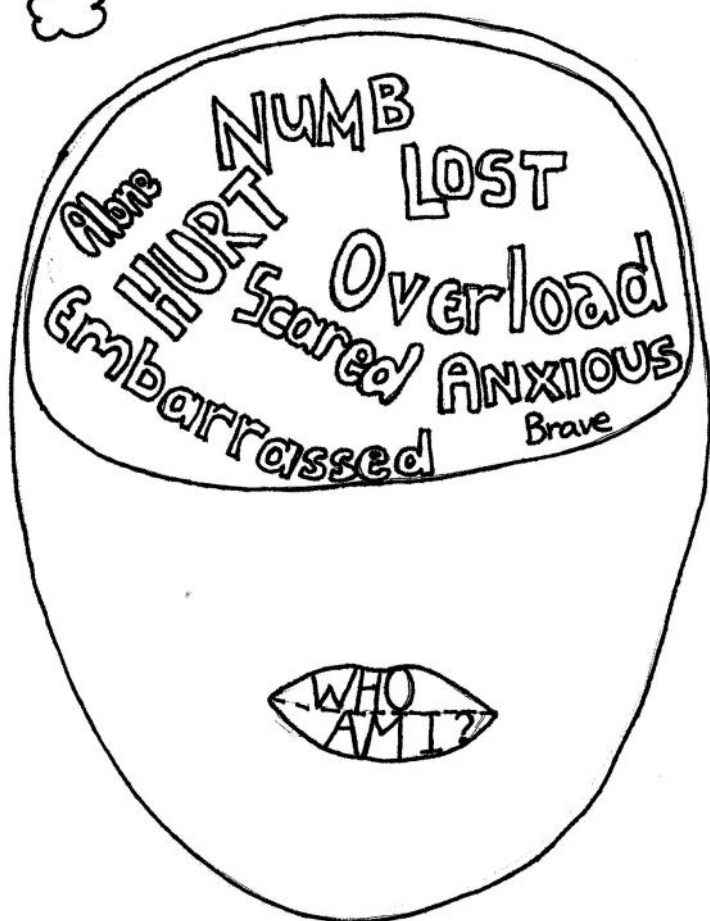
Protection from discrimination

Respect for the views of the child

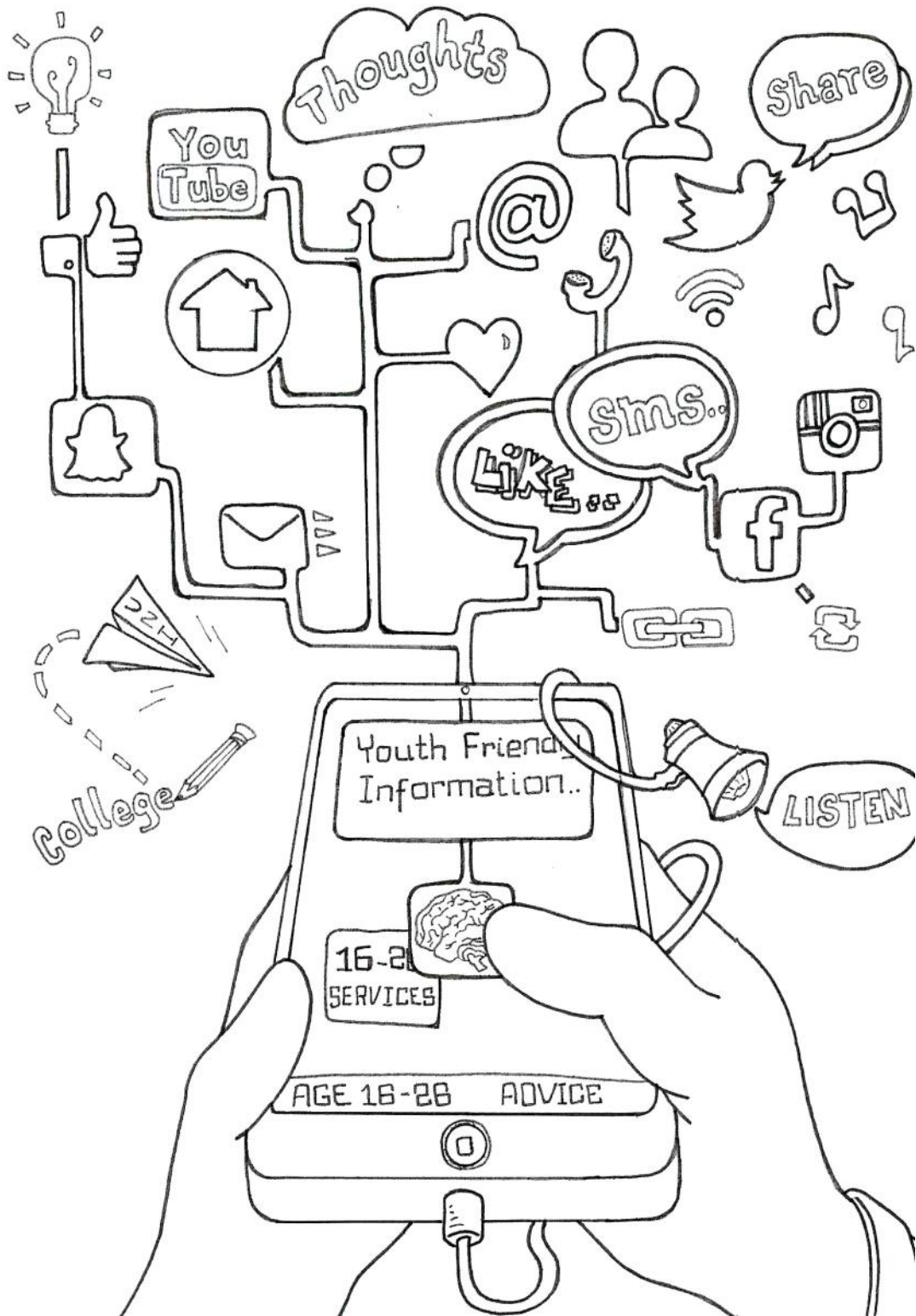
Right to privacy



No-one
understands



74% do not know what mental health information and services are available in their local area.



Barriers to talking about mental health

FEAR

Embarrassment

Judgement

LACK OF

UNDERSTANDING

YOUNG PEOPLE
feel most comfortable
talking to

GP or
other
Health
Professional



or Someone they
are close
to



About their
Mental Health



A call to action: our recommendations for improving young people's mental health information, support, and services



Mental health information

1. **Schools, colleges, and universities:** provide high quality information about mental health. Consult with young people about the type of information they would like to receive, and involve them in information design.
2. **NHS Scotland:** GP surgeries and hospitals should provide age-appropriate information about local mental health support and services for young people.

Mental health support

3. **Schools, colleges, universities, and youth groups:** implement a Mental Health Action Plan to promote conversations about mental health.
4. **Education Scotland:** develop a Mental Health Standard for schools to increase the focus on mental health in the Curriculum for Excellence.
5. **Education Scotland and the Scottish Government:** review the provision of counsellors in schools and establish a minimum level of service provision.
6. **NHS Education for Scotland:** work with young people to update training opportunities for frontline medical professionals in supporting young people's mental health.

Mental health services

7. **Scottish Government:** Scotland's next mental health strategy should focus on supporting the specific mental health needs of 16 to 25 year-olds.
8. **Scottish Government:** ring-fence mental health funding for young person-specific mental health services; share this funding proportionately between high-intensity services and preventative and early intervention support.
9. **NHS Health Scotland:** Establish a young person-led mental health and wellbeing forum in every local authority.

Mental health and rights

10. **NHS Education for Scotland and human rights partners:** work with young people to develop a resource for young people about their rights when accessing mental health support.
11. **NHS Scotland:** All GP surgeries and mental health services should clearly display age-appropriate information about young people's rights when accessing mental health support.



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