



MENTAL
HEALTH

- Signpost young people to early support
 - Normalise, and reduce the stigma of, mental health
 - Work in partnership with services and to promote resources

TOP PRIORITY
2016-2018



55%

Big Conversation **RESPONDENTS**

DRAW A LINE
THROUGH STIGMA



MENTAL
HEALTH

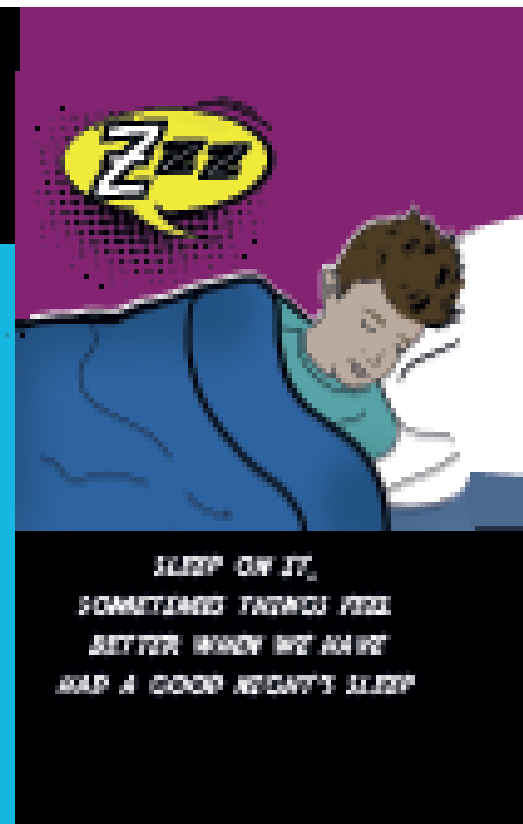
CAMHS



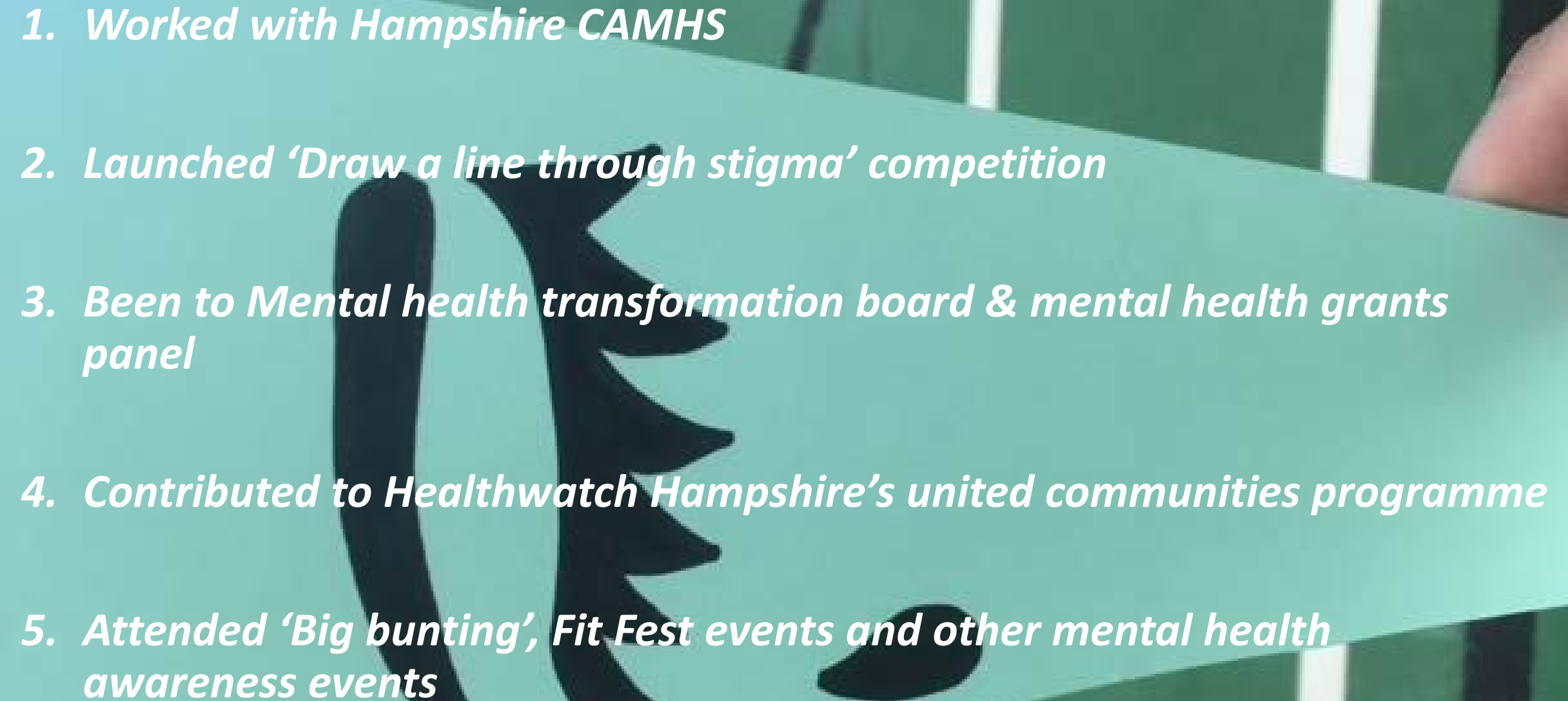
Coping Strategies



A - Z



Signpost young people to early support

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1. *Worked with Hampshire CAMHS*
 2. *Launched 'Draw a line through stigma' competition*
 3. *Been to Mental health transformation board & mental health grants panel*
 4. *Contributed to Healthwatch Hampshire's united communities programme*
 5. *Attended 'Big bunting', Fit Fest events and other mental health awareness events*

Worked in partnership with services





MENTAL HEALTH





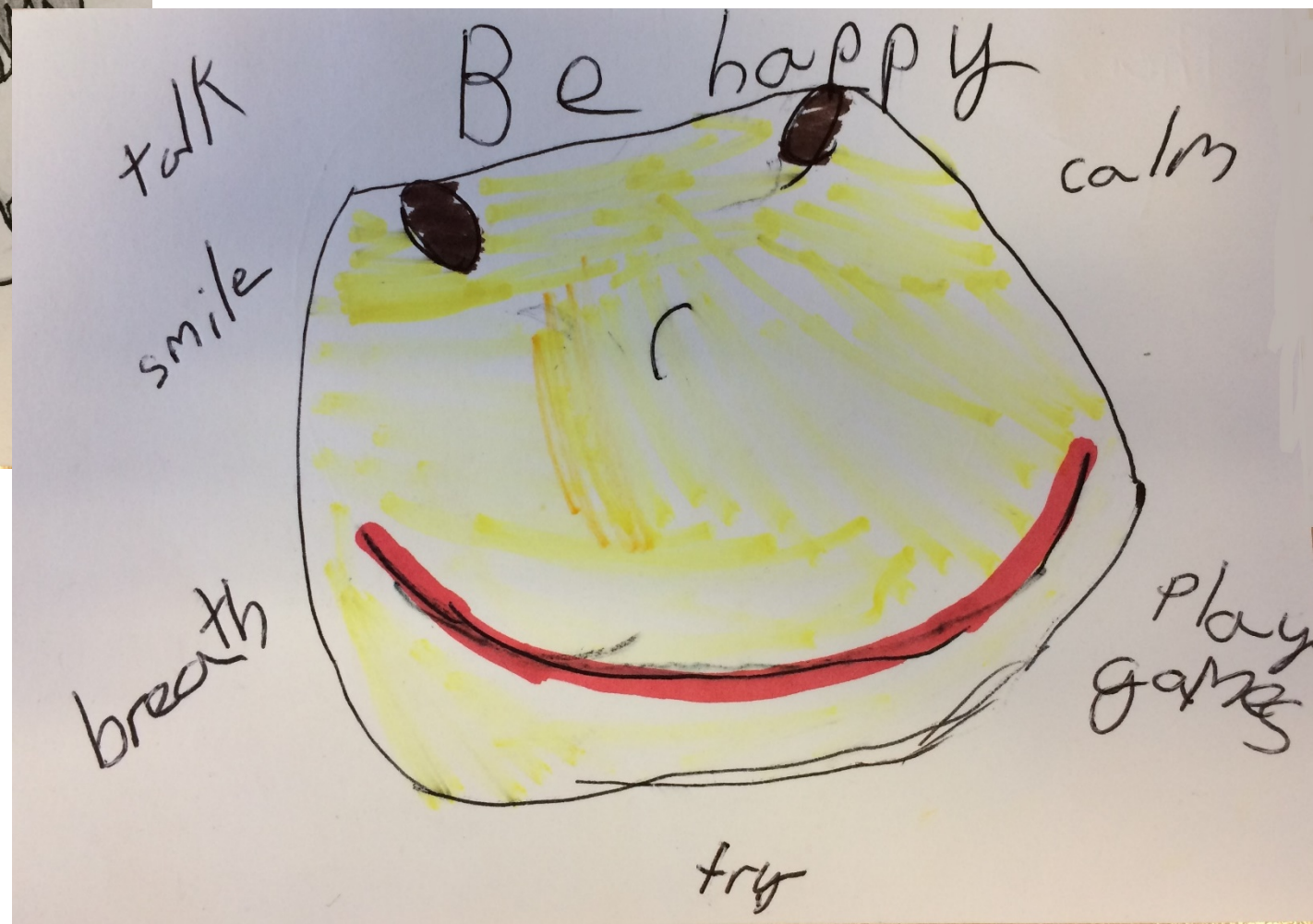
DRAW A LINE THROUGH STIGMA



Normalise, and reduce the stigma of, mental health



**DRAW A LINE
THROUGH STIGMA**





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55%

said this was their top priority, compared to 45% in 2016

1 in 4 young people knew either a family member or a friend who has mental health issues

1 in 9 told us they become personally impacted by this and this can lead to mental health issues developing

General feeling was that there is a lack of support, awareness, knowledge, equal opportunity and prevention around mental health issues within schools

Young people said there should be more understanding about the difference between positive mental health and negative mental health issues, recognising mental health on a spectrum and to not stigmatise those with mental health issues





"It is not a weakness it is part of me"

"It effects more than just the person dealing with the issue"

"I've struggled with Asperger's, I've been told girls can't have it"

"Too many kids are left feeling like they don't matter"

"If you have a family with mental health issues it can create a very hectic home life"



"Learn how to help other"

"More communication"

"More funding"

"Teaching at a young age"

"More training for educators to see the subtle signs"



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Youth Commission Recommendations

1) Informing educators

2) Prevention

3) Awareness

4) Support system

5) Peer mentor programme



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Helen Dove, Innovation & Participation Lead, from Hampshire CAMHS

"Hampshire CAMHS welcome opportunities to collaborate with other relevant colleagues and organisations as we believe so many things contribute to the emotional and psychological health of young people. It is always a pleasure and a productive outcome when we do so with the PCC Youth Commission. 2018 has been no different with two fabulous outcomes that have made a real impact. Together we produced a signposting poster for secondary schools and a self-help leaflet for primary aged young people. These resources have been very well received and used, and the amazing demand and feedback for these has continued. Hampshire CAMHS look forward for more joint opportunities to work together for the benefit of all young people in Hampshire".

Worked in partnership with services