

Session 4

This generation



Objectives

- To recap key messages from previous sessions
- To highlight that this generation can be more open about mental health problems than any before
- To encourage young people to join this growing movement of people changing how we all think and act about mental health problems

Resources

- Powerpoint slides

Session Outline

Minutes 1, 2 and 3

Slides 1 and 2

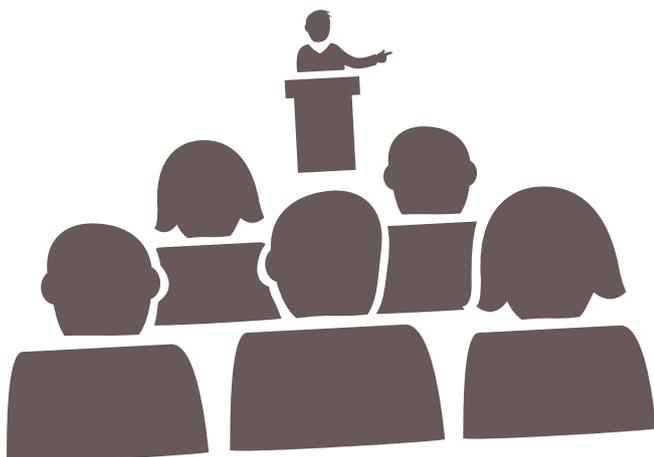
Ask the group what they can recall from the previous 3 sessions.

Ask them to reflect on or share what they felt the key messages were or what they gained from the sessions.

Recap some of the key messages:

- 'Ask twice' and be in your mates corner
- We all have mental health just as we have physical health
- Mental health problems are common
- Anyone can develop a mental health problem
- Talking helps. Recovery is possible. People who experience mental health problems can live a full life
- There are simple things we can each do to take care of our mental health

Highlight again the signposting information for anyone who is concerned about themselves or a friend.



Minutes 4 and 5

Slide 3

Time to Change is a growing movement of people changing how we all think and act about mental health problems.

Slide 4

Young people are leading the way, creating a more open culture around mental health.

In 2013, young people with personal experience of mental health problems told us that they have experienced stigma from: friends (**65%**), parents (**50%**), boyfriends and girlfriends (**45%**) and teachers (**43%**).

Ask the group:

Do you think there is still a lot of stigma and discrimination around mental health?

Stigma = unfair attitudes towards people with mental health problems.

Discrimination = unfair behaviour towards people with mental health problems.

Minutes 6 to 8

Slide 5

Show the film.

Minutes 9 and 10

Slide 6 and 7

Explain that there are lots of ways you can get involved:

- You could start a campaigning group in school
- You could follow and share Time to Change campaigns on social media
- You could read blogs from young people with personal experience of mental health problems on Time to Change's website
- You could 'Ask Twice' and be in your mate's corner
- You can help make this generation more open about mental health problems than any before

What will you do?

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