

Where to get help

see me...

www.justlikeme.org.uk

A good starting point to find out more about stigma and mental health problems. The main 'see me' site also acts as a signpost to further sources of information, advice and help www.seemescotland.org

Childline

Call 0800 11 11

Provides confidential advice and support to children and young people using their free phone telephone service. The organisation also publishes fact sheets online through their comprehensive website www.childline.org.uk

Breathing Space

Call 0800 83 85 87

Provides a free confidential listening service, offering advice, guidance and support as well as signposting to other agencies. Available 6pm to 2am daily or at www.breathingspacescotland.org

www.hug.uk.net www.samh.org.uk www.rcpsych.ac.uk

www.penumbra.org.uk www.nsfscot.org.uk

The 'see me' campaign is run by an alliance of five mental health organisations and is funded by the Scottish Executive's National programme for Improving Mental Health and Well-being www.wellontheweb.net

SC-008897

see me...

I'm a person. Just like you.



LET'S STOP THE STIGMA OF MENTAL ILL HEALTH.

www.justlikeme.org.uk

see me...

I'm a person. Just like you.



LET'S STOP THE STIGMA OF MENTAL ILL HEALTH.

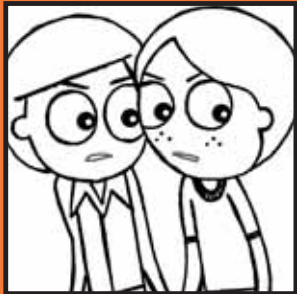
www.justlikeme.org.uk

see me...

I'm a person. Just like you.

Mental health problems (mental ill-health) can affect anyone

Even young people get mental health problems. These are things like depression, anxiety, eating disorders, self-harm, schizophrenia and manic depression. Some people need to get professional help at some point but most people recover.



Support helps, stigma hurts

Having mental health problems can change how someone usually feels and behaves.

But, just like any other kind of problem, having the support of those around you really helps. Unfortunately, it doesn't always happen that way.



"My friends thought I was being moody. They were always laughing about mental health problems - joking about 'going crazy' and stuff. I found it really hard to deal with."

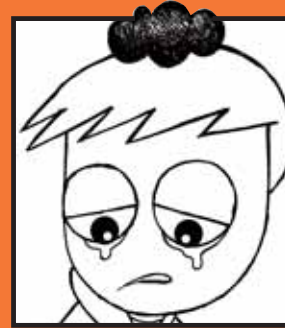
Brenda, age 16

"I can never go back to school again because of the way I was treated by my peers. I know the stigma will happen again."

Harriet, age 15



Being avoided, ignored, talked about, laughed at or bullied - that's stigma. Like all prejudice, it's based on fear and lack of knowledge. It's not fair and we can all help to stamp it out. That's why the 'see me' campaign was set up.



What you can do

- Make it clear that you're there for a friend who's going through a period of mental ill-health. Be prepared to listen and take him or her seriously.
- Let others see that you're supporting your friend and encourage them to do the same.
- Use the main 'see me' website to get accurate information and advice on sources of support.
- Use the main 'see me' website to order leaflets and posters, and to get ideas on how you can challenge stigma.
- Help to stop misinformation or unfair stereotyping in the media by reporting it to 'see me' through the Stigma Stop Watch section of our main website.



LET'S STOP THE STIGMA OF MENTAL ILL HEALTH.

www.justlikeme.org.uk