

Partnership Action for Making Life Better in Gloucestershire

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<http://www.2gether.nhs.uk/>



2gether
Making life better

Foundation Trust
For Gloucestershire



Gloucestershire Tackles Stigma... Talk Mental Health

Gloucestershire
tackles stigma...

...talk mental health



Why is mental health important?

Approximately what percentage of the population **experience depression** in any given year?

- ☐ 15-20%
- ☐ 10-12%
- ☐ **8-12%**
- ☐ 7-10%
- ☐ 5-7%



Why is mental health important?

In the UK, what proportion of men are dependent on alcohol?

- ☐ 1 in 100
- ☐ 1 in 50
- ☐ 1 in 21
- ☐ 1 in 9
- ☐ 1 in 4



Why is mental health important?

How many **children** between the ages of one and 15 has a mental health disorder?

- ☐ 1 in 1000
- ☐ 1 in 100
- ☐ 1 in 50
- ☐ **1 in 10**
- ☐ 1 in 5



Why is mental health important?

In 2007 / 2008 how many **working days were lost** in the UK due to stress, depression and anxiety?

- ☐ 1 million
- ☐ 3 million
- ☐ 5.5. million
- ☐ 11.55 million
- ☐ **13.5 million**



Someone you
know has a
mental health
problem.

Ready to
start your
conversation?

it's time to talk. it's

time to change

let's end mental health discrimination

**You don't have to be an expert
to talk about mental health.**



Talk, but listen too: simply
being there will mean a lot.



Keep in touch: meet up,
phone, email or text.



**Don't just talk about
mental health:** chat about
everyday things as well.



Remind them you care:
small things can make
a big difference.



Be patient: ups and downs
can happen.

**Find out more about mental
health and how to be there for
someone at time-to-change.org.uk**

*Assumptions about how mental health problems affect someone's behaviour:
Singling out, labelling as different, dangerous or strange.*

What does stigma feel like?

- Isolated
- Shamed
- Misunderstood
- Criticised as a person
- Demeaned.





Talking heads

Social inclusion is about working within the community to promote a society where healthy relationships, opportunity, independence and support are the expected and defended norm for all people.

Share the individual experiences of those living in Gloucestershire to see the very real difference which social inclusion can make to people's quality of life, hopes and aspirations.

View now www.2getherinclusion.org.uk

Call to action

Be a mental health ambassador.....

- Gain knowledge
- Challenge media stereotypes
- Listen to the person's experiences
- Be open to talking about mental health
- Remember that mental illness is only one small part of the person
- Remember – our words (and deeds) are powerful!



Make a **Commitment** .. Sign up on the web

time to change
let's end mental health discrimination

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Foundation Trust
for Gloucestershire **NHS**

We're pledging to take action
to reduce mental health
discrimination as part of
Time to Change.

16 October 2009

Myth: People with mental illness can't work.
Fact: You probably work with someone with mental illness.

Sue Baker, Director, Time to Change

Baroness Rennie Fritchie DBE, Chair 2gether NHS Foundation Trust
Shaun Clee, Chief Executive 2gether NHS Foundation Trust

www.time-to-change.org.uk

Make a **Commitment** to local action ...



...enjoy a brew with us!

<http://gloucesternewscentre.co.uk/businesses-urged-to-tackle-stigma-and-talk-mental-health/>

Create opportunities



Severn & Wye Recovery College



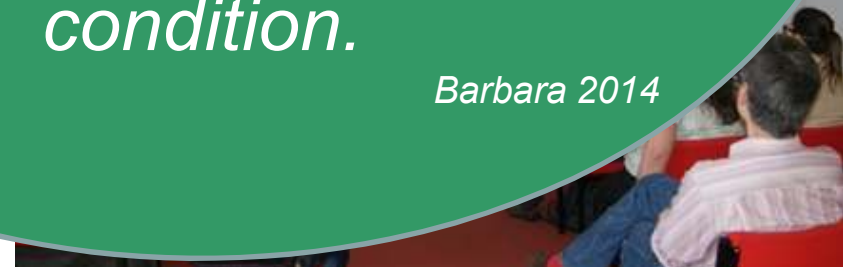
Power

Shape

Recovery Col

It's been brilliant. The saying knowledge is power is very true. The more you know, the less fearful you are and the more you feel able to manage your own condition.

Barbara 2014



<http://www.swrecovery.org.uk/>



Lets talk about mental health.....

- Stigma,
- Mental Health
- What it means for you and your community

Community Campaign - 'Making Life Better'



Pupils make a wish for good health

Picture: Kevin Fern CHK20111010B-008_C



WISH UPON A BALLOON: Community involvement team manager Pam Smith with Beth Boydell, front, and pupils

BALLOONS tagged with heartfelt wishes were released for World Mental Health Day.

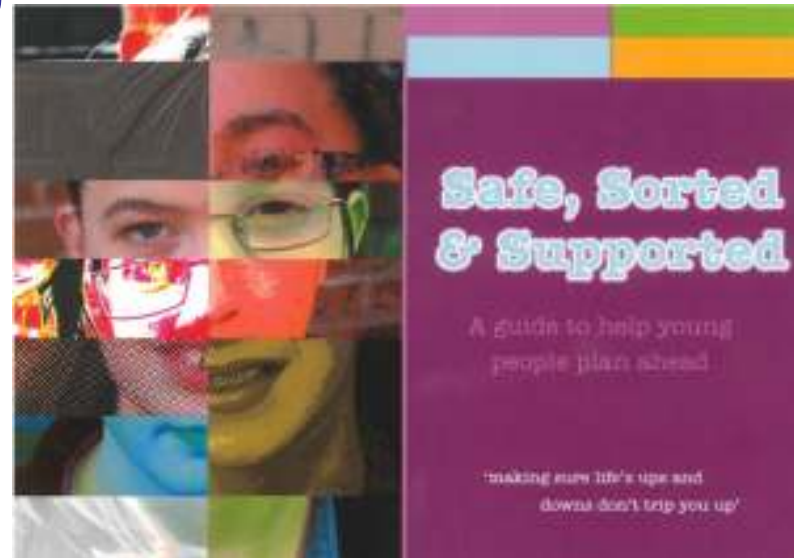
Stow Primary was the first county school to work with the 2gether NHS Foundation Trust

to promote mental wellbeing. Pupils carried out activities based on the trust's five ways to encourage wellbeing, including being active and curious.

Head teacher Rebecca Scutt

said: "There's a real gap in mental health services in the north Cotswolds for parents. How a family functions can really affect children's education and life chances."

Integrated Interventions Project



Gloucestershire Champions..

“We have always tried to care for all of our employees in the widest sense and this is enshrined in our status as an Investor in People and our family values.

Being able to support a campaign which recognises the importance of emotional well-being reinforces these values.”



Michael Carter, Managing Director,
Carter Construction





“Our opinion is that mental health is no different to physical health in the way that it should be viewed by an employer, and simply part of general wellbeing.”

John Lane, Operations Director at Norville Group Ltd



Making life better @2getherTrust · Oct 17

Very positive mtg with @andrewnorthcbc earlier. So pleased @CheltenhamBC is supporting #glostacklestigma @GlosCCG



"Any one of us at any time – that's the reality of when you or I could suffer with something that makes life harder to cope with. We ignore mental health issues at our peril. I would encourage more employers to be more flexible and understanding when difference occurs amongst their staff."

Rob Rees, **Star Bistro**



Making life better @2getherTrust · Oct 7

Today @glos hospitals joined us and @GlosCCG in the campaign to tackle stigma and talk mental health #glostackle stigma
pic.twitter.com/kw3srDPVSI



“As one in four people are suffering from this problem it’s great for us to help in raising awareness about this with the number of customers we have in the shop every week and 300 colleagues working for us in the store.”

Simon Lloyd, Store Manager at **Sainsbury's**, Gloucester Quays





"We work in an industry where, obviously, the physical wellbeing of our players is the thing that captures most of the media headlines. However, it is a line of work where any of our employees, both on and off the field, can find themselves suffering from anxiety, stress or other related issues. As an organisation we take this very seriously and commit to providing support for anyone who needs it. Therefore, we're delighted to lend our support to the NHS Foundation Trusts' campaign."

Gloucester Rugby's Chief Executive Stephen Vaughan



Gloucestershire Care Services **NHS**
NHS Trust



Making life better @2getherTrust · Oct 13

Our friends at @Glos_CareNHS are supporting the #glostacklestigma campaign.



people
and places
in Gloucestershire



Making life better @2getherTrust · Oct 15

Thanks to @ppgcic for supporting the #glostacklestigma campaign. Your help in spreading the word is invaluable. pic.twitter.com/FJsRWMXdhI

👍 6 ★ 5 ...



“UCAS believes in a healthy and engaged workforce in a professional and safe environment, and this is supported by our Safe and Well strategy for both mental and physical wellbeing.”

Jovita Milanes, Health & Safety
Environmental Adviser



Your company's photograph and logo
here!

To join us



...just let us know on the feedback form in your pack
today

#glostacklestigma



Next steps?