

KYCC Mental Health Campaign Research Summary & Recommendations

The Stigma around Mental Health and Bullying

- Due to the lack of education, the stigma around mental health is likely to continue to be prevalent and will continue until services are more readily and visibly available, making it look like any other illness
- Bullying will not stop until young people understand what 'mental health' means and they understand the effects that it has in people's lives – something not taught today

Mental Health Education

- According to the results in our survey, people do not have the required level of education provided to them in schools
- Around 70% of students could not loosely define 'mental health'
- Around 80% of students had not been educated on mental health issues, or on 'mental health' in its loosest sense at school or college
- Around 85% of students would appreciate education on 'mental health'
- Teachers also are under-educated and are not prepared to teach students about mental health, even though around 70% have had to deal with students facing a mental illness
- Around 45% of teachers have not had training about mental health, this should be included in PGCE courses, or in INSET day training and should be compulsory, which currently it is not – why is it not, when it is so high in the government's agenda?
- Most teachers (around 70%) would be willing and comfortable to be teaching about mental health – so why is this not happening?

Engagement and Communication

- The results in our survey showed that most students would not know where to get help – due to there not being enough information on mental health services for young people
- Around 95% of students said that there was not enough information
- Students are not engaged in education in this field, and there is not enough communication between teachers and parents, and their children
- This needs to be rectified, either with workshops from external organisations or by lessons put into the syllabus

Involvement of Young People

- More involvement is necessary, as seen with the results of the survey and from being in schools
- Students and young people in general are not involved in consultations for services and have very little knowledge of what services are available in their area
- Making information more accessible, and involving more young people in education about mental health can help to remove the stigma around mental health, and to make it a normal un-stigmatised topic

Full Recommendation

The campaign therefore recommends that Mental Health education should be made statutory in the PSHE curriculum. Teachers should be fully trained in supporting students and should be able to teach lessons on the subject. This should help increase the understanding of the issues surrounding mental health and reduce overall stigma.