

*BREAKING* **THE STIGMA**



# **BREAKING THE STIGMA**

Just like Physical Health we all have Mental Health. These are our thoughts, feelings and emotions. It's completely normal to experience a wide range of emotions in our lives - positive and negative.

Releasing these emotions by expressing them is good for us. Discussing what you are going through with others doesn't make you look weak. It makes you look strong and brave.

# WHAT IS MENTAL HEALTH?

Mental health describes the state of an individual's emotional, psychological, and social wellbeing. It affects how we think, feel and act as we cope with life.

Mental health dictates how we handle stress, pressure, relationship with others and life choices. Looking after our mental health is essential to ensure good physical health and life satisfaction

## WHY IS IT IMPORTANT?

Mental health is important because it helps you to:

- Cope with the challenges of life
- Be physically and mentally healthy
- Form and maintain positive relationships
- Work productively
- Grasp your full potential
- Make contributions to your community

## MYTHS AND FACTS

There are many myths about mental health. Those myths often contribute to the stigma that we experience in our communities on daily basis.

It's very important that we challenge these myths so we can understand what is true and what isn't.



# BUSTING THE MYTHS

- **MYTH:**

Mental health problems are rare.

- **FACT:**

1 in 4 people will experience a mental health problem, which means someone you know may be struggling with mental illness.

# THE BUSTING MYTHS

## ● MYTH:

I can't do anything to support someone with a mental health problem.

## ● FACT:

There are lots of things you can do to make difference to their life:

- Check in
- Listen and don't judge
- Treat them in the same way
- Spend time together



# **BUSTING THE MYTHS**

- **MYTH:**

People with mental illness aren't able to work.

- **FACT:**

People with mental illness can be successful professionally and enjoy their job.



# **THE BUSTING MYTHS**

- **MYTH:**

You can't recover from mental health problems.

- **FACT:**

You can recover from mental health problems. They might not go away completely but you can reduce and learn how to better manage your symptoms and still have a fulfilling life.



# BUSTING THE MYTHS

- **MYTH:**

Young people just go through ups and downs as part of puberty - it's nothing.

- **FACT:**

1 in 6 young people will experience a mental health problem in their life. It's important to recognize it and deal with it when it happens, to prevent it from becoming a much bigger issue.



# **BUSTING THE MYTHS**

- **MYTH:**

People with mental illness are usually violent and unpredictable.

- **FACT:**

Most people with mental health problems, even those with severe ones, are not violent. They are more likely to be a victim of violence than inflict it. It's important not to judge anyone as we might not know enough about their situation.

# WHAT IS SELF-EXPRESSION?

Self-expression is about expressing your individuality. This can be through words, clothing and hairstyle, or through arts, writing, drawing, music and dance.

Self-expression can help you to showcase your true self - your story, your thoughts, feelings and emotions. But this can also make us feel vulnerable, so you might want to take things one step at a time. Self-expression is a great way to relieve yourself of stress and free your mind.

# SELF-EXPRESSION IS GOOD FOR YOU

Self-expression can help you to reflect on your life, actions, decisions, relationships, beliefs, and thoughts - rather than keep them buried deep down. We often get told by our family, friends, school and on social media how we 'should' look, think, speak, or act.

It can be difficult to let go of expectations and express our true self, however you should find our own way to do it, regardless of what others think, as this is the only way to be happy long term.

# SELF-EXPRESSION HELPS YOU CONNECT

By expressing ourselves consciously, we can improve how we feel about ourselves and the world around us. We can also improve how we communicate, collaborate and make a difference.

Only by staying unique and true to yourself you can build positive relationships with others and feel happy about who you really are.

## WHO ARE WE?

Virtually Thrive is a digital platform. We build creative educational tools that help improve mental wellbeing in young people and their families.

Our goal is to improve communication and connection between child, parent and school.

**Our mission is to help you thrive.**



## **Virtually Thrive**

Take part in our research and  
play your role in reducing  
mental health crisis

**Sign up here:**

<https://4si.short.gy/ue36yI>



# Seeking Support?

Useful Websites:

<https://www.annafreud.org/>

<https://www.time-to-change.org.uk/>

<https://www.stem4.org.uk/>

<https://www.kooth.com>