

Mental health is not a privilege, it is a universal right.



Just as every person has the right to physical health, they also have the right to **mental wellbeing**.

Mental Wellbeing

Mental wellbeing affects every aspect of a person's life, from their relationships and productivity to their overall quality of life, it is a fundamental aspect of being human.

We can all help stop the stigma surrounding mental health and by doing so, will help to create a world where everyone feels comfortable discussing their mental health.

How can we reduce the stigma?

We can reduce the stigma by encouraging people to talk openly about their mental health.



This creates a culture of understanding and support making it easier for people to discuss their mental health and seek the help they need. The more we can do this, the more we can work together to reduce the stigma.

How to encourage someone to talk about mental health.



Lead by example

Start by being open and honest about your own feelings and mental health. Share your experiences, struggles, and successes. This can help normalise the conversation and show that it's okay to talk about mental health.

Create a safe and non-judgemental space

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Listen actively

When someone starts sharing their feelings or mental health concerns, be an active and empathetic listener. Avoid interrupting or offering immediate solutions. Just listen and validate their feelings.

Educate yourself

Learn about mental health conditions, their symptoms, and available resources. This knowledge can help you better understand what someone may be going through and how to provide support.

Ask open-ended questions

Instead of asking yes/no questions, use open-ended questions that encourage deeper discussions. For example, "How have you been feeling lately?" or "Tell me more about what's been on your mind."

Be patient

Understand that some people may not be ready to talk about their feelings immediately. Be patient and let them know you're available whenever they're ready.

Avoid stigmatising language

Using kind words when supporting someone with their mental health is essential because it can provide comfort and reassurance during challenging times, fostering trust and connection.

"You don't look like you have a mental illness"

"You're just making excuses"

"Mental illness is a sign of weakness"

"You're too sensitive"

"It's all in your head"

"You should just snap out of it"

"They're just seeking attention"

"Psychopath" or "Schizo"

"Nuts / Lunatic"

"Crazy / insane"

Respect boundaries

Some individuals may not want to share certain details or may need their personal space. Respect their boundaries and don't push them to disclose more than they are comfortable with.

Offer help

Let people know you're there to support them. Offer to help them find resources, whether it's a therapist, support group, or self-help materials.

If someone is in crisis or experiencing severe mental health issues, encourage them to seek professional help immediately.



Self care is really important too - promote the importance of self-care as part of a healthy lifestyle. Encourage activities like exercise, mindfulness, and relaxation techniques that can help manage stress and improve mental well-being.

After someone has shared their feelings or mental health concerns, follow up with them regularly to show your ongoing support and care.

Remember that everyone's comfort level with discussing mental health varies, and it may take time for some individuals to open up. By creating an atmosphere of trust, understanding, and support, you can help encourage people to talk about their feelings and mental health without judgment or fear.

If you're struggling with your mental health and want to talk to someone, firstly try writing down 3 words to describe how you are feeling that you could maybe share with someone you trust;



1. _____
2. _____
3. _____

Reach out to a friend, family member, work colleague or contact one of our team here at Therapy Centre Services to talk to someone who doesn't know you, in total confidence. You can share this list with them, to provide a starting point that can really help at times of struggle or distress.

www.therapycentreservices.com/self-referral

We would love to hear how you, or your organisation have helped create an open and safe environment for people to discuss their mental health? Email mentalhealthmatters@therapycentreservices.com to share your experiences, struggles or for further support.

Lucy Johnson

Director

Therapy Centre Services