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| **LESSON SIX – SUPPORT AND BARRIERS** | |
| **STARTER TASK:** | |
| **TERM: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  *Believing in prejudicial attitudes about an individual or group of people which may impact on that person’s self worth and emotional resilience.*  **EXAMPLE:** | **TERM: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  *Defining a person based on stereotypical views you have about mental illness.*  **EXAMPLE:** |
| **TERM: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  *Forming an opinion that is based on myths, lies or opinion rather than facts.*  **EXAMPLE:** | **TERM: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  *Treating someone less favourably because of a prejudice you may have about the person.*  **EXAMPLE:** |
| **TASK TWO:** | |
| **TASK THREE** | |
| What is meant by the term informal support?  What is meant by the term formal support? | |

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| **TASK FOUR** Using a highlighter pen identify the barriers faced by each person in accessing support to help manage their mental health. | |
| Paul is an engineer. He has worked in the same office for the last three years and gets on with his colleagues. Last year Paul was attacked on the way home from a works night out near his office. Although physically recovered Paul has experienced mental health problems and is fearful about being out on his own and being in large social gatherings.  Paul does not want his colleagues to know that he is experiencing mental health problems as he thinks it may affect how others view him. He is keen to get promoted and thinks that if he admits he is struggling this might go against him although he has not had any time off work and his most recent performance review was excellent. Paul doesn’t think there is anyone who can help him and has become less social in the office after hours. People keep asking if Paul is ok but he makes excuses to avoid talking about it or going on nights out. | Jane is currently sitting her Highers. She loves Art and Music and is also preparing for the school show ‘We Will Rock You’ where she is performing one of the main parts. Last year Jane became very anxious during her exams but after discussing this with her guidance teacher she was helped to create a study plan, use supported study and manage her revision. Jane was also allowed to sit near the door of the exam hall in case she needed a short time out.  Jane moved to her current school in February after her Mum got a new job. Despite being totally involved in art and drama she has not told anyone about her anxiety. Jane thinks it is too late to do anything about it. She does not know her new teachers as well and her Guidance teacher has been off sick. Jane had regular meetings with a mental health specialist at her old school but there isn’t the same service at her new school which is in quite a remote location. |
| Raj is studying sound engineering at college. He recently left home and has been feeling low as he has struggled to settle and make friends. He misses his family. Raj gets money each month from his family to pay for course fees and accommodation. He does not want to let them down but he has started missing lessons and recently he stormed out of a meeting with his tutor after he missed an important deadline.  Raj feels like he is falling further and further behind. Although there is a counselling service at the college Raj missed the information session on this as he was at a family wedding at the start of term. Raj avoids spending time on campus or talking to other people on his course who might be able to help point him in the right direction. | Dan’s Mum has been quite unwell. After he was born she struggled with post-natal depression and was unable to work until he was 10 years old. When he was a teenager she suffered with further episodes of depression. She has been very honest with Dan and he is aware of the medication and self-care strategies she uses to promote and maintain her mental health.  When she returned to work last year Dan was aware that his Mum was discriminated against – she was given tasks that were below her skill level and some of her colleagues made her feel unwelcome and whispered behind her back. This has set her back a little. Dan would like to help his Mum but the waiting list for treatment is long. He has investigated seeing a private therapist but this is very expensive and his Mum is unable to afford this treatment. Dan’s Mum is also worried that if she asks for more time off work her employer’s might dock her pay or fire her. |
| **TASK FIVE**  Education Campaigns are a major way of helping people overcome barriers to accessing support. One of the big campaigns in Scotland is called See Me. The #seeme and the image of an elephant are used to illustrate that mental health is the elephant in the room – it is there but we don’t often talk about it. The campaign wants the opposite – to encourage people to talk about mental health. If we all do this then those who are suffering will know they have access to lots of readily available informal support.  Design a #seeme elephant to display in the school. | |