

In Ma Heid, Oot Ma Heid

20 November 2006

The Report

IN MA HEID, OOT MA HEID

HAPPY
SAD
ANXIOUS
EXCITED
ANGRY
PEACEFUL

THIS EVENT HAS BEEN ORGANISED BY YOUNG PEOPLE FOR YOUNG PEOPLE WITH SUPPORT FROM PENUMBRA & HEADSUP SCOTLAND.

A FREE ONE DAY CREATIVE CONFERENCE FOR YOUNG PEOPLE TO TALK ABOUT EVERYDAY THINGS THAT AFFECT THEIR MENTAL HEALTH.

Monday 20th November, 2006, 11am - 5pm.
Ages 14 - 21
The Tolbooth, Stirling.
(under 16's will need to be accompanied by an adult)

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Introduction

On Monday 20th November 2006 a conference for young people called In Ma Heid, Oot Ma Heid was held at the Tolbooth in Stirling supported by Penumbra and Heads Up Scotland. The aims of the day were to get young people talking about mental health and feed into the Heads Up Scotland Conference Inspire, Include, Improve. This conference was called In Ma Heid, Oot Ma Heid because we are looking at how things that happen around us can affect how we feel inside. The name was thought up by the steering group of young people from across Scotland who came together to plan the event and they are: Martin Aitken (16), Kirsten Brown (24), Claire Chue Hong (25), Gemma McIlwaine (23), Sammy Moir (16), Will Rae (19) and Daniel Robertson (18).

The steering group first met up in mid-August for a weekend residential to start to plan the day, decide on a name and idea for the logo, think about what they wanted to happen on the day and who they wanted to be there to run workshops. The main thing that they didn't want is for adults to be speaking so all the speeches were given by young people from the steering group and as much as possible young people led and assisted with the workshops. After August the steering group met up each month to make decisions about the day.

A total of 142 people attended the conference of which 97 were young people. They came from Shetlands, Skye, Highlands and Borders, Glasgow, Stirling, Fife, Edinburgh, Midlothian, North Lanarkshire, North Ayrshire, East Ayrshire, Aberdeenshire, Aberdeen City, East Renfrewshire, Inverclyde, West Lothian, Dundee and Clackmannanshire.



Important things to remember when planning the day

On the booking form there was a question asking young people to say what were the most important things for us to remember when we are planning the conference. Below is a summary of what they said.

- A bouncy castle! Or plenty of time for discussion
- Regular refreshments and breaks x 4
- Make it fun and educational
- A fine lunch and comfy chairs and keep it interesting
- Decent music and comfy chairs
- To let young people voice their own opinions x 2
- Keep it fun x 11
- Make it useful and useable
- Not to let it be boring x 2
- Make it educational x 3
- Lots of interactive activities x 5
- That when you have fun, you remember things a lot better
- Young people can't concentrate for long periods of time x 2
- To be flexible and realize that not everyone may want to participate in everything
- Think of the young people x 10
- To be open minded and allow enough time for discussion
- Structure and experience of the day should model good practice in promoting mental health
- We all have different learning styles therefore needs
- Make us all feel comfortable and not scared!
- Entertain, Educate and Edify
- That everyone feels able to join in no matter their ability x 2
- To have stuff for the younger ones
- Participation
- Cultural issues
- We can be shy
- Map of how to get to the venue and a relaxed atmosphere
- Make it fun & interactive even though you're dealing with serious issues
- Flexibility
- Make it fun with free pens
- Work as a team
- It's fun and comfortable. Could we have name badges. Respectful.
- Everyone is different and each issue, however minor, has a significance with someone
- You should make sure that it's best suited for everyone
- Keep with people, at least 1 friend x 2

Our Key Messages:

The steering group decided they wanted to come up with some key messages for the young people and adults attending the event. We decided on the following four messages.

To young people who are at the event

- Everybody's got a heid, we all have mental health
- You can help yourself keep your heid happy

To adults who work with young people

- Hear what we're saying cos we know more about our heid than you do
- Don't judge me cos of what's in my heid



What Happened On The Day

Opening Presentations

We started with an opening play to highlight the different issues affecting young people's mental health and how they can become overwhelming when many of them are happening at once. One person was sitting down and the other people were behind him slowly walking towards him saying the issues and getting louder and louder as they got closer. The issues we used were work, friends, family, school, money, image, health, life and home.

This was followed by an opening speech from two members of the steering group to introduce the event and give some background into how the day came about and what is going to happen today.

Morning Workshop

The morning workshops focused on "what is mental health?" There were 6 workshops run by The Corner, Youth Stress Centre (young peer researchers presenting their research on mental health), Barnardos (snakes and ladders game which was attended just by workers), Kathleen Peter from Penumbra and Dionne McMillan (young person), Tony Hayter (young person from Penumbra) and Claire Chue Hong (Project Scotland Volunteer at Penumbra). Every workshop facilitator was given a worksheet to fill out which asked participants to write down 3 things that make them feel excited, sad, frustrated, happy, peaceful and angry. The feedback from the worksheet has been included in this report.

Afternoon Workshop

In the afternoon we focused on creative ways to explore mental health and things that promote good mental health starting with 5 creative workshops. We had a creative writing workshop run by the Samaritans, a song writing workshop by Marco Rea, mask making by Ever Dundas, card making by Young Scot and drama by Visible Fictions. It was a chance to have a bit of fun and to think about mental health in a new way.

Marketplace/Tasters

The afternoon workshops were followed by a marketplace where there were stalls from See Me, Breathing Space, Scottish Commission for Children and Young People, Vox, Debate Project, Scottish Youth Parliament, Young Scot, Enquire and Penumbra. There were also different taster sessions that were meant to be fun – the snakes and ladders game was open to all, belly dancing, caricatures, exotic fruits and smoothies, balloon modelling and alternative therapies. It went down really well and everyone seemed to really enjoy it and took part in the different things that were going on.

Closing Presentations

We closed the day with a poem and the people who attending the song-writing workshop performed the song they had written about mental health. We then had a short speech about what happens next and a voting session finishing with the vote of thanks.

The following feedback is from the different consultation tools and activities used on the day.

Some reasons why young people came to the event

In one workshop young people were asked why they came to the event. This is what they said.

I'm here because...

Got invited

Invited by friend

More info on mental health

Find out more about what goes on in YP head

Help better in school

Find it interesting

MH and bullying

Essay on MH (English)

What do young people think of when they think of mental health?

Family Bullying Stress Self harming

Self esteem Listening Loneliness People to chat to

Behaviour Pressure Shame Peer pressure

Body image Confidence (lack of) Abuse

Society Debt

Drugs Alcohol Friends No one to talk to

Not in the right frame of mind Affects of everyone else

Self-confidence Everyone Judgemental Well being

Seasonal Affective Disorder Arguing Relaxed

Suicide Happy Isolated Exercise

Relationships Creative Energy

Health Depressed

Snappy Angry Fed up

Social life Supportive/Supported Can't be bothered

Productive Stereotype Anxiety Tired

Stigma Obsessive Compulsive Disorder Dyslexia

Pressures – money, school, work Eating disorders

What do you think of when you hear the word HEALTH?

Weight Got energy Sporty (exercise) Fit

Healthy Diet Health Centre

Muscles Well being Munchies

Fitness Illnesses Fruits

Strength Sports centre

Doctors/Nurses Politically correct Stress

Buzzing Hospitals Vibrant

Illness Education Physical/mental

Lonely Home Fitness Social

Sick Hospital Eating

What do you think of when you hear the word MENTAL?

Discrimination

Gothic

Sad

Padded walls

Illness

White

Nuts

Disability

Sick

Glass

Hospital

Psycho

Crazy

Insults

Outrageous fun

Needy

Pure dead brilliant

Unhealthy

Hyperactive

Jumpy

Mad

Mental health

Brothers or sisters

Hyper

Frustrated

Crazy

Upset

Life

Healthy

Skitso

Rage

Mad

Happy in the head

Frustrated

Things that affect our mental health

Money Stress Arguments/conflict

Tired – not enough sleep Frustration

Fags/Drink Injustice/cruelty

Anger Clubbing Family Faith

Arriving Bullying Yoga

Theatre group Living for the weekend Weather

School Gym Friends Football

Boyfriend Stability Other people

Relationships Deadlines Car breaking down

Space Being creative Paper work Family life

People not listening Condescending Exams

Teachers Food Music

Exercise Cooking Being judged

Unreliability Time c family Soap operas

Pets TV Balancing school/work

I Feel Worksheet Feedback

A worksheet was used in the morning workshops to ask young people what things make young people feel different emotions – excited, sad, frustrated, happy, peaceful and angry. From reading the different things young people have said there are several things that stand out because they occur repeatedly.

Friends and family are a main theme running through all the emotions including things that range from enjoying being with friends and family, feeling sad when someone close dies or is ill to being angry and frustrated with them because of arguments or if they put you down and say bad things about you.

Young people enjoy meeting new people, going new places and trying out new things. These things are exciting to them and it shows they are adventurous.

Many people are excited about Christmas with it drawing closer. They also are excited about birthdays and holidays. It seems like a happy time for many people.

School/college appears mainly in the frustrated section. Young people are frustrated with the amount of work they have to do and not enough time to do it. We find that people are piling too much work on us and we can't manage to do it all. Plus there is the stress of exams. We feel happy though when we have managed to achieve something.

Young people feel frustrated and angry that we are given a bad name because a few young people get into trouble. We don't like the fact that we feel we are judged and people see us in a negative way.

We also feel frustrated that we aren't listened to and people won't help us. We feel that people don't understand us and we are ignored.

Things that make young people peaceful are listening to music, having a bath, going for a walk/playing sport or sleeping/being in bed.

A summary of the feedback from young people in their own words (and in their own spelling) is on the following pages, for the full list of feedback contact [*pat.little@penumbra.org.uk*](mailto:pat.little@penumbra.org.uk)

I Feel Worksheet



I feel excited when.....

I feel excited when.....

I feel excited when.....

I feel excited when ...

- *I'm shopping x 2*
- *I get new stuff x 2*
- *I'm drinking x 6*
- *Doing new things x 7*
- *With friends/family x 21*
- *I have something important to do*
- *Going new places x 4*
- *I'm going to see a band play x 3*
- *I meet new people x 7*
- *It's my birthday x 5*
- *I catch a fish*
- *Sport x 5*
- *It is Christmas x 16*
- *I have fags x 2*
- *I'm having sex*
- *I'm going on stage x 3*
- *I'm challenging myself x 2*
- *I'm going on holiday x 7*
- *Weekend x 3*
- *I get stoned x 2*
- *Going to a party x 5*
- *I get money/pay day x 6*
- *I see cheese*
- *Meeting a boy/girl I like x 3*
- *I'm going on a nite out x 8*
- *I'm having fun x 3*
- *Thinking about future x 2*
- *Talking about the prom*
- *Am working with my Y/L*
- *I am planning a conference*
- *I achieve something x 3*
- *I am given a surprise*
- *I do something different*
- *I get good news*
- *I have present to open*
- *Going to park*
- *I finish work on a Saturday*
- *A good film comes on*
- *See police to wind them up*
- *It is special occasions*
- *I start a new day*
- *I am learning*
- *I have something positive to look forward to*

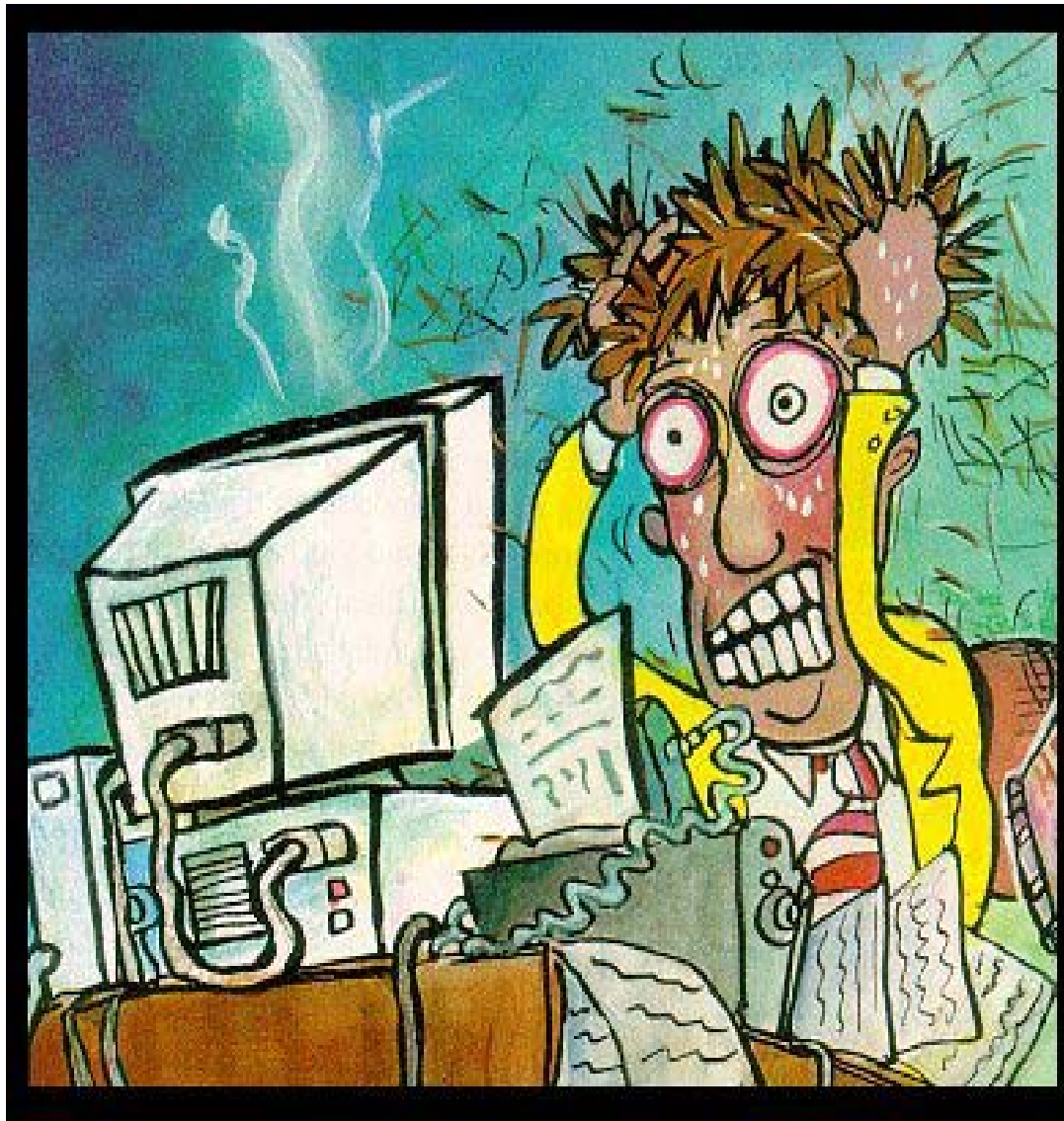


I feel sad
when.....
I feel sad
when.....
I feel sad
when.....

I feel sad when ...

- *I'm alone/lonely x 8*
- *People take the piss out of me x 11*
- *People are prejudiced and don't understand x 4*
- *I see young people have low self-esteem*
- *It is bad weather*
- *Other people don't pull their weight*
- *When people are disrespectful*
- *Don't get the help I need*
- *I think about all of the suffering in the world*
- *It rains*
- *Everything go wrong*
- *Arguing with others x 9*
- *I am on my periods x 2*
- *Can't do something*
- *People I love are upset x 13*
- *I hate how I look*
- *When England lose football*
- *When I don't get what I want*
- *The weather is bad*
- *I see bad things happen*
- *I'm angry x 5*
- *I don't have fun*
- *Am grounded*
- *When I hurt others*
- *People look at me*
- *People say things behind my back*
- *Young people are ignored*
- *Young people seen as negative not as positive people*
- *People die x 13*
- *I get let down*
- *Leaving someone*
- *When something doesn't happen that I've been looking forward to*
- *When I am hurt*
- *I get needles*
- *I have to go to hospital*
- *My hair doesn't sit*
- *I don't get my own way*
- *I see a sad film*
- *I get stressed*
- *I have nothing to do*
- *Pet died*
- *People let me down*
- *When am skint*
- *When someone lies to me*
- *I'm skint*
- *People get bullied*
- *I have to leave a place where I was happy*
- *People make fun of me because of how I look or behave*
- *Am left out x 3*
- *It comes to September*
- *Trying to pay bills when not got enough money to pay them*
- *I know I have done something wrong*
- *You need to sit in a circle*
- *I make a mistake*
- *Someone is disappointed in me (parents)*
- *People bully others*
- *I don't get something but others do*
- *I stop & think how pointless life can be*
- *I see such pain in the world*
- *I feel inadequate due to friends/partners/family etc*
- *I have too much to do*
- *I'm tired*
- *I'm unhappy about things I can't change*
- *A got flung out the house*
- *People treat me like a slave*
- *When people see me as a carer and not a person*
- *People are cruel to animals*
- *Things don't go to plan*
- *I feel confused*
- *People treat me like a kid*
- *People say I'm thick*
- *I don't see my g/f*
- *My mates leave*

- *No money*
- *Don't see my mates*
- *No drink*
- *I miss my family*
- *I experience injustice*
- *People I love struggle*
- *Sometimes I don't know why*
- *My mental health gave me
angry*
- *I listen to other people's things*
- *My blood pressure*
- *When my daughter is not well*
- *I see the wein's biological dad*
- *When am not well*



I feel frustrated
when.....

I feel frustrated
when.....

I feel frustrated
when.....

I feel frustrated when ...

- *My blackberry breaks*
- *People don't listen to me x 12*
- *People don't do what they say they are going to do*
- *Got homework x 5*
- *I am undermined because I am a young person*
- *I can't read or write*
- *In a group*
- *I can't juggle all of thing I do x 6*
- *I can't sleep x 3*
- *At work*
- *I cannot do something x 12*
- *At school x 4*
- *I babysit x 2*
- *Someone starts on me for no reason x 3*
- *I get shouted at*
- *Things don't go ma way*
- *When am on ma periods*
- *Things are unorganised*
- *When I don't get out with my friends at break*
- *My football team loses*
- *I am ill*
- *Things go wrong x 7*
- *People annoy me x 7*
- *My comp doesn't work x 4*
- *I get upset about something*
- *I don't know what doing*
- *People don't work as a team*
- *People who talk over you and think there better than you*
- *When am busy and someone disturbs me*
- *People love them selfs*
- *My hair doesn't sit*
- *Someone doesn't answer there phone*
- *People moan*
- *money x 2*
- *When I can't get things working x 3*
- *Am confused*
- *Sisters*
- *When av no fags*
- *I can't get things going the way I want it to*
- *Someone lets me down*
- *Thinking about exams x 2*
- *Thinking about university interviews and stuff*
- *People spread untrue rumours about me*
- *People ignore me because I'm not popular*
- *When adults patronise me & don't value my opinion*
- *The buses are never on time*
- *I can't think of anything tonite*
- *Am not in control*
- *People argue*
- *I've not had a fag*
- *People go behind my back*
- *I get made fun of*
- *Someone else is getting picked on*
- *People are arguing*
- *I study for exams*
- *People try to tell me how to feel*
- *My teacher shouts at me*
- *A exam is coming up*
- *A can't find something*
- *A can't get a drink*
- *People treat me like an idiot*
- *People don't understand me*
- *I'm clumsy*
- *I get a deadline to meet*
- *I don't get taken seriously*
- *On the net*
- *Before I drink*
- *Am getting bet at betting games*
- *People judge me because I'm English*
- *I am patronised*
- *People create barriers*
- *People are being ignorant*
- *Lots of things*



I feel happy
when.....

I feel happy
when.....

I feel happy
when.....

I feel happy when ...

- *I'm with friends x 35*
- *Meeting other young people (volunteering)*
- *It is sunny x 5*
- *I have finished everything I need to do*
- *I am with my family x 14*
- *People help me*
- *When playing computer*
- *I get respect*
- *People are really nice to me*
- *I meet new people x 3*
- *Driving*
- *Listening to music x 3*
- *I go for walks with my dog*
- *Partying*
- *I've got fags*
- *My sister cheer me up with subtly letting me know she is there with a joke*
- *I have made myself proud*
- *A see my girlfriend/boyfriend x 11*
- *The weather is good*
- *I get exercise x 2*
- *I have fun*
- *I'm me*
- *I finish school*
- *It's the summer*
- *On holiday*
- *I'm having a laugh*
- *I get stoned*
- *I get a good report*
- *Around people I like*
- *Achieve something x 4*
- *Am singing*
- *I'm dancing*
- *I'm drinking*
- *I watch a good film*
- *I sing & dance*
- *I'm silly*
- *I get thing I want*
- *I am active*
- *I'm shopping for clothes*
- *Am merry*
- *I get paid*
- *Everyone else is*
- *People smile*
- *It's a nice day*
- *Working at the nursery*
- *I am praised for working hard and I feel valued*
- *I get money*
- *I get books*
- *I get DVDs*
- *Am doing presentations*
- *I am doing stuff*
- *I enjoy something*
- *I'm out with friends*
- *I'm sleeping*
- *I'm at work*
- *I get no homework*
- *I get something new*
- *I'm with the people I get on wi*
- *Ma bedrooms actually tidy*
- *I am with my dog*
- *I go to gymnastics*
- *I am alone*
- *I'm eating*
- *Laughing & smiling*
- *I'm with my friends*
- *I go out clubbing*
- *I have nice clothes*
- *I look good*
- *I listen to Britney*
- *A see my dog*
- *Everyone is out and having a good time*
- *My mom is happy*
- *I change something*
- *I have a cuddle*
- *I am laughing*
- *I have a dog*
- *I have a baby mice*
- *I'm at Youth Theatre*
- *I'm shopping*
- *I can do what I want*
- *I can have a laugh*



I feel peaceful
when.....

I feel peaceful
when.....

I feel peaceful
when.....

I feel peaceful when ...

- *I'm swimming*
- *On a plane*
- *In ma bed/sleeping x 28*
- *Reading x 4*
- *Watching tv x 3*
- *When I have nothing else to do*
- *Hanging at the youth café*
- *I am on my own x 6*
- *An argument is sorted*
- *On computer x 4*
- *I'm listening to music x 16*
- *I've completed everything and I haven't got anything to think about*
- *I'm having a bath x 5*
- *Out on a boat*
- *Driving x 2*
- *Walking x 6*
- *Chilling out in my friends house*
- *I get hugs, relax with friends/partner*
- *I think about happy times in the past /future dreams*
- *I'm on holiday x 2*
- *I do yoga*
- *I don't have much to worry about*
- *I relax*
- *Getting stoned*
- *Seeing my family*
- *Meeting friends x 4*
- *Chilling*
- *There is beautiful views*
- *I'm fishing*
- *Studying*
- *It quiet*
- *Walking*
- *I know I have no work or school the next day*
- *Am wasted*
- *I'm chilling out*
- *I'm off work/course*
- *I'm daydreaming*
- *I have people around me who I feel comfortable with and who value me for being me*
- *I'm in a relaxed environment*
- *I'm with people I like who are on the same wave length as me*
- *I got to speak to my wee bro at night*
- *I'm arguing with someone*
- *Am in my room*
- *Am doing relaxation*
- *I am out with friends*
- *With people I know well*
- *Talking to my friends*
- *Singing*
- *Drawing x 2*
- *I lay in the water*
- *I am alone*
- *I watch DVDs I like*
- *I am in my room myself*
- *I have no worries*
- *There is silence*
- *I feel I've helped someone*
- *I have a fag*
- *I'm at my computer*
- *With my mum*
- *I am being creative*
- *I have cut myself*
- *I play the piano*
- *I play basketball*
- *I played football*



I feel angry
when.....

I feel angry
when.....

I feel angry
when.....

I feel angry when ...

- *My flights are delayed*
- *My boss phones me on a weekend*
- *Young people get a bad name from just a few young people*
- *People disrespect others*
- *People don't put in 100% effort*
- *Nothing is changing*
- *I see bullying*
- *Justice isn't done*
- *I'm stereotyped*
- *People are narrow minded*
- *People bully other people*
- *People are unfair and mean for no good reason*
- *Witnessing bullying*
- *Someone dies*
- *At work*
- *Someone is drunk and acts silly*
- *My mum shouts at me for something I didn't do*
- *Get something wrong*
- *Don't have fags*
- *When peeps fight*
- *Someone is rude/racist/hurtful to friends*
- *I see injustice*
- *I see many things that are wrong with the world*
- *People cheat*
- *I argue*
- *I hurt myself on purpose*
- *My wee sister takes my stuff*
- *I don't sleep*
- *I'm ill*
- *I argue*
- *I'm annoyed*
- *I'm upset*
- *I'm ill*
- *People annoy me*
- *People hurting people close to me*
- *Getting up in the morning*
- *People bring me down*
- *Not get stoned*
- *When I get grounded*
- *No one listens*
- *Media says bad things about young people*
- *People start arguments & fights*
- *My sister bugs me*
- *I fall out with people*
- *I get pressured*
- *I'm hurt*
- *People annoy me*
- *I'm ignored*
- *People say things to hurt people*
- *Am hurt*
- *People take the micke out of some1 who doesn't no your doing it*
- *People annoy me or talk to me in a bad way*
- *I can't do something*
- *I see child abuse adverts*
- *I fall out with friends*
- *Things go wrong*
- *I don't get my own way*
- *I fall out with mum and dad*
- *People get we going*
- *People pick on me*
- *My family annoys me*
- *My mum talks badly about my dad*
- *My dad talks badly about my mum*
- *People don't listen to me*
- *When sum1's sniddy*
- *A don't get ma own way*
- *Someone annoys me*
- *I'm at the course*
- *People bitch all the time*
- *People bully*
- *Friends bitch about you or others*
- *Parents or friends argue*
- *People are mean to my friends or myself and get away with it*
- *My brother is treated differently by my parents – they seem to like him more than me*

- *People are prejudice towards others*
- *People think they are better than someone else*
- *People can't face up to their mistakes*
- *People slag me off cos of the way I dress*
- *People take the piss*
- *September comes*
- *Someone goes out their way to be awkward/horrible*
- *I canny do sumthin*
- *People piss me off*
- *I'm arguing with someone*
- *No-one listens*
- *I'm ignored*
- *When someone argues with me if I'm right*
- *People lie to me*
- *No one helps me*
- *I do a mistake*
- *I am put down*
- *People to trust me*
- *Judge me because of my age*
- *I get bullied*
- *People don't listen to me*
- *Someone shouts at me*
- *Someone laughs at me*
- *I can't get any privacy*
- *People tell me how I feel*
- *I fall out wi ppl*
- *A cannae get a fag*
- *I am treated like a non human carer*
- *People are bad to animals*
- *Nobody respects me*
- *Parents get on my back*
- *I can't move on from things*
- *There's injustice*
- *Someone says something insensitive*
- *Someone else is angry*
- *I see cruelty*
- *I fall out with friends*
- *People annoy me*
- *I don't get my own way*
- *I get interrupted*
- *I make mistakes*
- *I forget stuff*
- *I'm sad*
- *Losing my soul*
- *No smokes*
- *Ran out of drink and everywhere is shut*
- *I am left out*
- *When people say they don't like the English*
- *When people put me down*
- *I see discrimination*
- *People don't listen*
- *I can't express myself*
- *When I get shouted at*
- *I break things*
- *When I forget things*
- *When the biological dad shows up*
- *I fall out with people*

What young people do to chill out/make them feel better if they've had a bad day?

Take a bath/shower x 9 Read x 6
Watch tv/film x 8 Go on computer x 5
Listen to music x 8 Seeing/talking to friends x 10
Crying x 2 Self-harm x 4 Time alone x 6
Exercise x 10 Go shopping x 5
Having a massage x 4 Have a sleep x 3 Draw
Party x 3 Alcohol x 4 See family x 5 Go out x 2
Comfort food x 3 Take pics Punch bag x 2
Talking Treat myself Healthy food Company
Write it down x 2 Moan Night in
Cup of tea/coffee/hot chocolate Helping other people
Distraction x 2 Go away on trip/holiday
Play instrument Solve/work out a problem
Pets x 2 Finishing school/work When you get a text
The sun Cuddles Jumping in puddles Driving
Watching my team win football Watching rugby
Painting and drawing People being kind
Getting your hair done Laughing Fags
Have a lie down Spend money
Go shopping Cook
All of the above

Welcome to my world

Written by the song-writing workshop

Welcome to my world
Welcome to my fears
I've lived here for long enough
I've been here for years
People bring me joy
Yet they bring me tears
I can't hack this pain no more
I've got to run from here

Geez your glasses coz i canny see
Is what i see what your actually gonna be
Sometimes i look and it's not what s'posed to be
Coz you sound well right but your acting mean

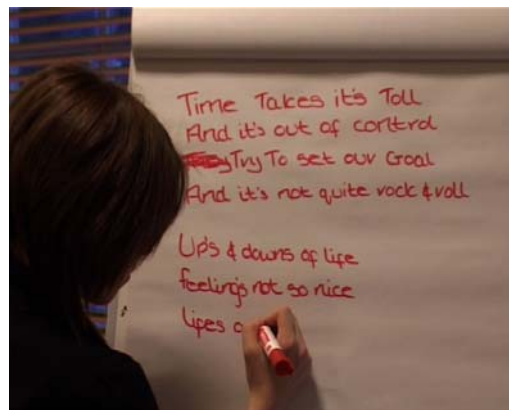
The day's just go by sometimes i wish i'd die
What's wrong with my health
Will i deal with this myself
Why do we have these feelings
Somethimes i'm left reeling
There's a dark cloud over my head
I'm not getting out of bed

Time takes it's toll
And its out of control
Try to set our goal
And its not quite rock and roll

Ups and downs of life
Feelings not so nice
Life's a game of chance
Its not all song and dance

Everyday people get along
Gather round and write a song
Bout your mental health
Or is that mental wealth

Some pictures from the workshops taken by LifeMosaic



Video Diary

On the day we had a video diary room and young people were encouraged to go in and talk about what they think mental health is, what things affect their mental health and what they want from adults. Here is some of what they said.

What Is Mental Health?

- “all the thoughts in your head...what’s going on around you”
- “wellbeing and how you feel...everything you feel about yourself good or bad”
- “how you feel inside...how you deal with different things”
- “mental health is the emotions that people are feeling inside them”
- “everyone’s got mental health”
- “mental health is when everything you’re trying to think about and cope with gets on top of you and can’t you cope anymore”

Stresses and Pressures

- “Peer pressure. Pressure to do well. I’ve got this and you’ve got to have it”
- “People are growing up a lot faster, you get treated more like adults...people expect you to deal with a lot of stuff...like young people move out of home when they’ve just turned 16 in effect their still kids but they’re expected to deal with a lot of stuff that adults would find hard”
- “Schools and exams...a lot of pressure on young people to do well”
- “There’s not a lot of jobs and young people are dropping out of school”

What We Want

- “it’s not just about the NHS it’s the voluntary organisations as well”
- “Scotland would be a better place if there was more for young people to do”
- “secure funding so that we can have days like this”
- they should make more drop in centres for folk to maybe just sit about and chill about, speak to people, somewhere to relax and de-stress”
- “most young people just want to drink and take drugs and that cos there isn’t anything else to do”
- “...people need to talk more about how they feel and people need to listen more and there needs to be more understanding ...there needs to be better relations between adults and young people”
- “Young people need to learn how to say what they want to say and everybody else needs to take that on board”
- “Look at the positives and not always on the negatives”
- “Stop the media’s portrayal of young people in a bad light...”
- “People who are older than us should have more respect for us”
- “It’s about time to stop the stigma about people with mental health problems”
- “Basically just understand us and don’t jump to the wrong conclusions and listen to what we have to say before making and decisions”
- “Just remember we’re the experts on our mental health and ourselves so listen to what we’re saying cos we know more about ourselves than you do”
- “Young people look up to you...be a role model to them”
- “Listen to young people and don’t just ignore them”

A DVD edited from footage taken in the video diary room has been made. For more information email pat.little@penumbra.org.uk

Dreamcatcher

Young people were asked to write their dreams on a star and tie it to the giant dream catcher that we had displayed on the day. They were asked to write their dreams regarding how adults can do better to help young people to keep well and support them when they have mental health problems.

The main thing coming from the dreams is that young people want to be listened to and have their views listened to. They don't want to be judged or pigeon holed by staff who have no experience of mental health issues. They also feel there isn't enough support available and not enough staff. Adults need to remember that each young person is unique and they should be shown respect. More needs to be done about the negative portrayal of young people in the media and the media's encouragement of the search for the ideal body shape.



Picture taken by LifeMosaic

Dreamcatcher Dreams

Everybody is unique.
Don't judge or
stereotype or
discriminate.
Be different

Great Day

To have a lot of
money and be loved
forever

Play for
rangers when
I'm older

C'mon the gers, rangers
RFC

To see what
happens in the
future of mental
health

Happiness

I dream of a time when no-one
dismisses what young people feel and
think

I wish that my band
becomes successful

Young people
forever

If we change it now we change
Scotland for the better

I wish that everyone would be positive and there would be less stigma

I wish professionals did not try to pigeon hole everyone. I wish they would relish the fact that all our minds are unique.

Adults to respect young people

I would like more things for young people to do

Perfic! Don't change it and keep up the good work!

That I have a baby girl and my gran gets better

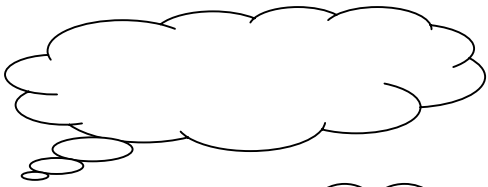
The day was great

Be there for people and be open and understanding so they can talk to you

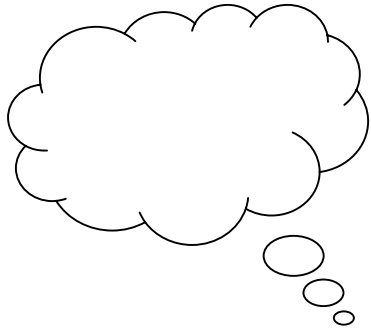
I wish confidence and a strong sense of young people liking him/herself

Rhonna would come to Skye

To be organised and productive



Have more people who have experienced mental health helping out than people who've read about it in books



There should be less of an 'us and them' attitude

Less judgement and listen to young people especially around issues such as self-harm

Stop the encouragement of the search for the ideal life/body/style

I wish to be happy and enjoy my life. I want confidence and not to care what others think of me. I want to be accepted for who I am.



I wish we could have a day like this every year

Obviously there is something wrong with the suicide rate so high so let's change it now

To make people smile more

Staff: no more 2 year wait for a psychologist

Involve all young people, listen to our views

I wish older people will listen to what I have to say

No more discrimination

Appreciate their employees more so they can do their job more effectively in a pleasant manner

To be more helpful

Young people should be listened to – simple as! After all it is called the Young People Health Service. People up high should remember that they were young once and b happy

Marry Paris Hilton or Keira Knightly

Much more support available for young people with mental health problems

A world where everyone gets along, no discrimination, equality

I wish funders would have more flexible criteria and timescales to support development of services that are more responsive to local needs (esp. in rural areas) and more sustainable as opposed to short- term

I become a model and my granddad gets better

Ask young people how they feel and what help they need

Listen to them and help them get through it. Don't judge them.

Give young people the respect they are due! Thanks

To be heard and listened to. Give us time to talk and don't judge or label us. Just be there to support us through our ups and downs.

Stop young people's negative portrayal in the media. We're not all bad. Thanks!

They should include young people on their final decision making team/committee, after all its gonna affect us not them.

Just listen

Graffiti Wall Feedback

THOUGHTS ABOUT THE DAY

very fun and useful
and lovely coffee and people Think the young people had a
great day and got a lot from the conference

The day was brilliant and we had some laugh Had fun but went hungry
Great event. Loved it. **Could be more organised and more food**

Raises awareness and *Loads of good ideas*
hope decision makers listen Good thanx Yeeha!
Some workshops sharing rooms were too noisy –
no-one could be heard which is a shame

Good fun in the song writing.
Come out with some good tips. Brand new. Good fun. Had a laugh.
Indian head massage **Had a great time thx**

Nerve wracking but fun Too quick
It was fabby. I have had a great day.

Fun Brilliant and lots of fun. Good
Good, especially drama. Good but would have preferred
You can express how you more opportunities/encouragement
feel by way of drama to talk to others.
Best conference I've ever been to. Great variety. Cheers
**The general aspect of the day was good but we found that in some
ways it was unorganised and I was quite upset about the fact that
there were no spaces in the workshops for us**

So good Very interesting It was a grand day
A good day. Liked the taster sessions. Yum!

THANKS FOR HAVING US. Good fun Fab
Really interesting

Nice people, bad food, sorry
Brill Orite Great
*This mornings workshop was too noisy as the
room was divided into 2 workshops so couldn't hear people.*
Food wasn't good at all It was ok but bored most of it
More veggie food needed

Wasn't enough food to go round and wasn't substantial enough for growing
young people. – yepp (but the veggie rolls were good)

Fantastic Full of information Great
Good for the young people *Louder speakers*
Need more food

Interesting but could have had more sessions

Had a good time food wasn't good! Lol
Being sad sucks so does bullying Seeing the video
 Seeing friends Today was great It's cool
 Lunch was badly organised and awful poor selection and not enough food
 Glasgow Stress Centre workshop – learnt lots
Thanks for a great day. Great to see something young people led
Hope you do it again. **Best part was the mask making**
 Brilliant Great! Met a lot of new and interesting people.
Really good fun workshops in afternoon.
Good awareness raising workshops in morning
 Nice to see all these young people taking part. *I met people like me.*
 Thanks for a great day. **Had a great day.**
 Good day. Had fun plus got issues discussed
Fab day **Had a great day**
Food was terrible It was ok
 Amazement at how fast some people can write a song
Remember the Debate Project It was cool
 The system sucks

WHAT ARE YOU GOING TO TAKE BACK?

Everyone's thoughts so I can tell workers how it is for us.
How people think of health
 Substitutes for self-harming
 Lots of positive thoughts Rhonna's number
SEE HOW PROMISES ARE BEING KEPT SCCYP.ORG.UK
 Understanding mental health **New belly dancing steps**