

In Ma Heid, Oot Ma Heid

20 November 2006

REPORT SUMMARY

In Ma Heid, Oot Ma Heid was a one day conference which aimed to get young people talking about mental health issues and feed into the HeadUpScotland conference which was on 12th December. Below is some of the feedback from the day.

STEERING GROUPS' KEY MESSAGES FOR THE DAY

- ❖ Everyone's got a heid, we all have mental health
- ❖ You can help keep your heid happy
- ❖ Hear what we're saying cos we know more about our heid than you do
- ❖ Don't judge me cos of what's going on in my heid

SOME THINGS WE DO TO CHILL OUT IF WE'VE HAD A BAD DAY

- ❖ Have a bath
- ❖ Read
- ❖ Watch tv
- ❖ Exercise
- ❖ Self-harm
- ❖ Talk to family/friends
- ❖ Listen to music
- ❖ Comfort eat/drink
- ❖ Go on computer
- ❖ Time alone

VIDEO DIARY

- ❖ Mental health is the emotions you feel
- ❖ There is a lot of pressure on young people to do well
- ❖ Adults need to listen to young people
- ❖ The media always show bad things about young people

SOME THINGS THAT AFFECT HOW WE FEEL

- ❖ When we get given too much to do
- ❖ Relaxing listening to music
- ❖ When someone dies
- ❖ When we're having fun
- ❖ When no-one listens
- ❖ Enjoying being with family/friends
- ❖ People saying bad things about us
- ❖ When we achieve something

DREAMS FOR MENTAL HEALTH SERVICES

- ❖ Listen to us and our views
- ❖ Don't judge/label us
- ❖ More support
- ❖ Remember we're unique
- ❖ Show us respect
- ❖ A bit more service and help
- ❖ Involve young people
- ❖ Staff who have experienced MH problems
- ❖ Don't pigeon hole us
- ❖ More staff

For a full copy of the report please email pat.little@penumbra.org.uk
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Photo by LifeMosaic