

## Mental Health Stigma Programme (MHSP)

For what age?	At what level?
Key Stage 4	Essential Foundation programmes and approaches

### What is MHSP?

MHSP is an NHS and county council initiative, driven by young people to increase awareness of mental health needs, draw attention to the stigma experienced by young people with mental health needs and challenge the negative perceptions of mental health.

A number of resources have been developed:

- Education pack: consisting of the DVD 'Talk out Loud' and four lesson plans, with resources necessary to deliver them, looking at mental health needs and the stigmas associated with them and encourage young people to take responsibility for tackling mental health stigma in their school or college.
- All I Ask guide: a booklet containing messages from young people to parents, carers and professionals with lots of helpful tips and advice to help them to understand how young people feel and how they can offer support.
- An annual Mental Health Awareness Day takes place every February – schools are provided with support via 'Challenge Tessa' and are provided with resources for use on the day.
- Other resources include short films, information leaflets, chatterboxes, PowerPoint Presentations and other subject specific lesson plans.

### How does it help children?

- Gives young people the confidence to acknowledge or tell somebody that they have mental health needs.
- Ensures that young people know how and where to find out about mental health services and support.
- Helps those who have not had mental health needs better understand about mental health needs and the symptoms associated with them.
- Reduces mental health stigma in school or college.

### How do we know it works?

MHSP has been running for 6 years and is successfully implemented in many schools across Northamptonshire.

A participation group meets seven times a year, which is a representative mix of young people from schools across Northamptonshire who drive the programme, plan events and initiatives, and help commissioners to design and develop strategies and services for young people.

A county-wide schools survey undertaken by MHSP identified how young people feel about mental health. Completed by over 1,100 young people (age 11 to 18), it featured questions previously asked

in 2011. It identified that there is a greater understanding about mental health (increase of 170%). The survey also identified that young people are 81% more likely to have the confidence to talk to someone if they had a mental health need.

Since the introduction of MHSP referrals to CAMHS have been more appropriate, referrals to lower level intervention have increased and young people feel less stigmatised as mental health is being talked about more freely.

Which schools can I contact or visit to see how effective the programme has been?

Please contact Sir Christopher Hatton Academy, Sponne or Huxlow Science Academy.