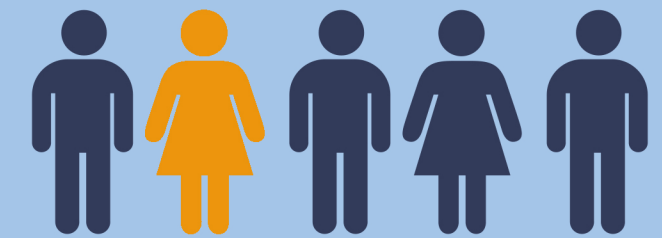
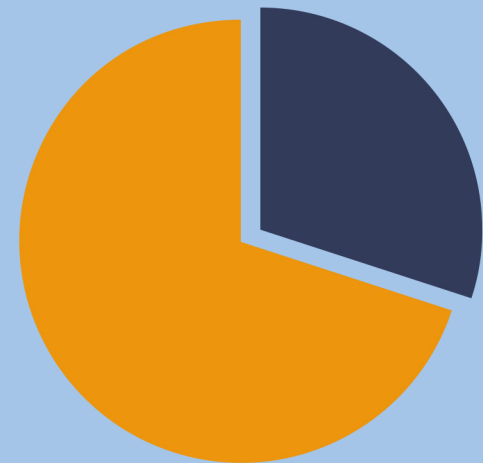


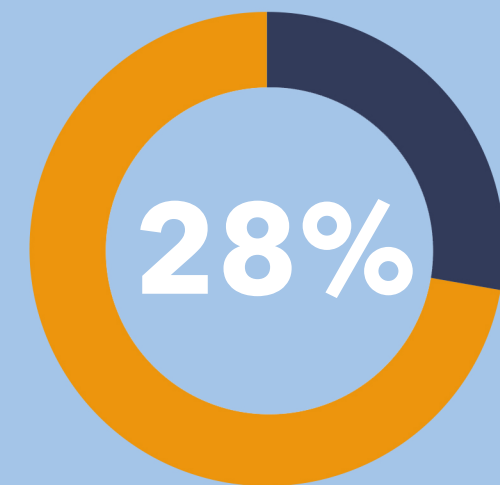
Young People and Mental Health Stigma



One in five young people don't know where to go for advice and support for a mental health problem.
- SAMH



Only **30%** of young people would tell someone if they were finding it difficult to cope with their mental health.
- See Me Scotland



28% of young people with mental health problems told us that negative reactions from others had made them want to give up on life.

- Time to Change



1 in 10 young people will experience a mental health problem and, sadly, **90%** of those young people will experience stigma and discrimination.

- Time to Change

We can all make a difference by...



Educating ourselves on mental health and sharing this knowledge



Listening to others without judgement



Challenging stigmatising behaviour and language



Talking openly about mental health



Follow us on social media **@SFLanarkshire**

Getting urgent help

Samaritans offer a safe place for you to talk any time you like in your own way - about whatever's getting to you.

Call free on: 116 123