



Opening Day at the "TOGETHER AGAINST STIGMA CONFERENCE 2017" in Copenhagen - hosted by ONE OF US (EN AF OS)

October '17 newsletter
- *Global anti-stigma alliance (GASA)* -

Many thanks again to everybody who has sent us news items on their work in the area of mental health stigma for this newsletter issue. We have updates from Denmark, England, Scotland and Spain.

Cordial thanks from all of us to the wonderful team from ONE OF US who have hosted the TOGETHER AGAINST STIGMA conference that took place in September - many thanks for all the work they have put into organising this informative, inspirational and fun conference, especially to Anja Kare Vedelsby, Johanne Bratbo, and Lars Toft! We will share some information and links to conference material (presentations) in this and the upcoming issue of the newsletter.

Enjoy the read!

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DENMARK

ONE OF US

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Hosting the 8th International Stigma Conference

20.-22. September 2017 ONE OF US and WPA Stigma Section hosted the 8th international stigma conference titled “Overcoming Barriers in Minds and Society” in Copenhagen. About 350 people participated representing 32 countries from all over the world. The participants were researchers, project managers and staff from anti-stigma projects and programs, professionals, people with lived experience of mental illness and carers.

The conference program included more than 120 presentations within the five conference themes: People with lived experience of mental illness, their peers, relatives and carers; Professionals, staff and clinical practice; Work and social inclusion; Youth and other special population groups; Communication and the media.

Material on the conference website

As part of the communication strategy behind the conference a series of short films were produced with highlights from the conference and interviews with some of the key agents and researchers in the field of mental health stigma. This can all soon be found on the conference website. Also we are currently asking for consent to publish presentations from all presenters on the website where articles about the conference and a photo gallery will also soon be found.

Once all the material has been uploaded on the conference website we will send out a conference newsletter but will also include a link to the material in the next newsletter of the Global Anti Stigma Alliance.

Meeting in the Global Anti Stigma Alliance

The Global Anti Stigma Alliance had a preconference meeting in Copenhagen 18.-19. September with a good mix of well-known and new anti-stigma campaigners and researchers. This time the discussions focused more on strategic collaborations around selected themes. The next meeting will be hosted by Together Strong Without Stigma in Holland in 2018.

ENGLAND

UCLUS/ University College London

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UCL Unit for Stigma Research (UCLUS)

UCLUS are pleased to announce the public launch of this new research unit on 16 February 2018 in London:

http://www.ucl.ac.uk/pals/research/cehp/stigma-research/events_news

UCLUS, based at University College London, seeks to advance our understanding of stigma and of what works in challenging it through research. At present, UCLUS research focuses on two core areas: (1) the impact of stigma on openness / secrecy around experiences of mental health problems and how to support decision making with regards to talking about mental health difficulties; (2) evidence based interventions at multiple levels to challenge stigma faced by people with intellectual disabilities and their families.

<http://www.ucl.ac.uk/pals/research/cehp/stigma-research>

TIME TO CHANGE

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Ten years of changing attitudes and behaviour

On October 9 supporters and funders of Time to Change gathered to celebrate a decade of the social movement. Speakers included the Secretary of State for Health, the Time to Change Directors, a funder from Comic Relief and three Champions who shared their personal experiences.

Press release including research figures on attitudes and behaviour change:

<https://www.time-to-change.org.uk/news/less-mental-health-discrimination-and-sea-change-public-attitudes-during-ten-years-time-change>

Relationships between anti-stigma programme awareness, disclosure comfort and intended help-seeking regarding a mental health problem

New research published by the IoPPN at Kings College London shows, for the first time, that people who are aware of the Time to Change campaign are more likely to feel comfortable to disclose their mental health problems to family, friends, employers, and their GP. Full paper: <http://bjp.rcpsych.org/content/early/2017/09/08/bjp.bp.116.195867>

Website redesign

The Time to Change website has been overhauled to better reflect the needs of new audiences and help them understand how to support someone with a mental health problem. <https://www.time-to-change.org.uk/>

StoryCamp

StoryCamp, our annual day upskilling people with lived experiences to share their stories online and in the media, was a great success with over 100 applicants.

Businesses pledge to tackle stigma on World Mental Health Day

On WMHD, 33 organisations in England signed the Time to Change Employer Pledge, taking the total number of signatories to over 550. Further details: <https://www.time-to-change.org.uk/news/33-employers-sign-time-change-pledge-world-mental-health-day-2017>

Time to Talk Day 2018

Will take place on Thursday 1 February. For the first time, this will be a joint campaign across England, Scotland, Wales and Northern Ireland. If you'd like to use the campaign within your country please contact Larissa Lily l.lily@time-to-change.org.uk

SCOTLAND

SEE ME

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In September See Me brought together the leaders of the Scottish health and social care services for the first time to look at how to tackle mental health stigma and discrimination in the sector. Professor Fiona McQueen, the chief nursing officer, the deputy chief medical officer, Gregor Smith and Iona Colvin, the chief social work adviser to the Scottish Government joined us on the day alongside 40 representatives from across health and social care to discuss how to treat mental and physical health together.

Representatives at the event discussed how to ensure health and social care professionals are equipped to look after the whole person and treat physical and mental health together. We were also joined by volunteer Gemma who had a negative experience with her GP whilst at University. She told the conference: "It took a long time for me to convince myself that I needed or deserved help. "The GP spent five minutes listening to me and my concerns, describing that I was suffering from depression and feeling suicidal. After this she sat back and said, 'you've got clean hair, you're wearing clean clothes, I really don't think you are depressed.' "To get that response sent my mental health tumbling down. Because I had been suicidal and I had experienced feelings like this since my early teens I thought perhaps this was just me and this would be how I always felt. Since then Gemma has found a good GP who has supported her and made sure that she has regular check-ups when she needs them. She added: "Now I have seen how good it can be if you're treated with compassion."

We will be following this meeting up with a gathering of people who will share their experience of receiving health care for their mental health, before we develop our health and social care programme.

SPAIN

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National Conference on Performing Arts, Social Inclusion and Mental Health

On the occasion of the celebration of the Mental Health World Day, the Cattell Psychologists Foundation (CPF) has organized, in collaboration with the School of Dramatic Arts of Murcia (ESAD) and the Center of Teachers and Resources Region of Murcia of the Ministry of Education, the 1st National Conference on Performing Arts, Social Inclusion and Mental Health to be held in Murcia on 9th and 10th October 2017. The conference aims to add synergies and create a space for debate on the importance and relevance of performing arts as an engine of social change in the field of social, school and work inclusion of people with functional diversity and/or mental health problems (MHP).

The ESAD includes among its objectives the promotion of education in the inclusive performing arts from the point of view of practice and artistic creation. When we talk about inclusive education we are referring to the training and cooperation between people with and without disabilities. The primary objective of the CPF is to combat stigma associated to mental illness by using two powerful strategies. On the one hand, inclusive artistic and cultural training and, on the other hand, mental health awareness and literacy.

In a society in which values such as individualism and competitiveness prevail, the proposal of these First National Conferences aims at promoting creativity, cooperation and inclusive artistic training at a professional level. The central axis of its contents is the use of the performing arts as a motor of social inclusion, and it will be discussed on its use in schools as a resource to improve coexistence and inclusion of students with MHP. It is also noteworthy the presence of performances and other performing arts activities that will highlight the attitudes of discrimination and rejection that still exist in society towards people with MHP.

[http://fundacioncattellpsicologos.org/conferencias/jornadas/i-jornadas-nacionales-sobre-
artes-esenicas-inclusion-social-y-salud-mental/](http://fundacioncattellpsicologos.org/conferencias/jornadas/i-jornadas-nacionales-sobre-artes-esenicas-inclusion-social-y-salud-mental/)

EDITORIAL

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