

**MENTALITY'S GUIDE
TO MENTAL HEALTH ACTIVISM**

OTR

#wedeserve

MENTALITY
PROJECT

- This zine was made by
- THE MENTALITY PROJECT.
- (There's more info about us & how to join on the back page)
- insta: @mentalityproject fb: the mentality project
- Mentality is a group run by
- OTR BRISTOL.
- OTR is a mental health social movement by and for young people aged 11-25 in Bristol & South Glos.
- For more info: www.otrbristol.org.uk
- Call free (weekdays 2-5pm): 0808 808 9120
- insta, fb, twitter: @OTRBRISTOL

WELCOME TO MENTALITY'S GUIDE TO MENTAL HEALTH ACTIVISM

WHAT IS SO IMPORTANT ABOUT ACTIVISM?

ACTIVISM CREATES CHANGE, AND CHANGE IS NEEDED IN ORDER TO IMPROVE PEOPLE'S EXPERIENCE OF THE MENTAL HEALTH SYSTEM. ACTIVISM CAN ALSO BE REALLY POWERFUL FOR BUILDING CONFIDENCE AND SELF ESTEEM IN YOURSELF.

WHY DO PEOPLE NEED TO KNOW THEIR RIGHTS?

A LOT OF YOUNG PEOPLE DON'T KNOW WHAT RIGHTS THEY HAVE IN TERMS OF THEIR MENTAL HEALTH. THIS CAN LEAD TO RIGHTS BEING BROKEN AND IN SOME CASES CAN MEAN THAT THE YOUNG PERSON IS TAKEN ADVANTAGE OF.

KNOWING WHAT YOUR RIGHTS ARE CAN HELP YOU FEEL CONFIDENT WHEN IN THE MENTAL HEALTH SYSTEM, AND CAN ENSURE THAT YOU RECEIVE THE CARE AND SUPPORT THAT YOU NEED.

INSPIRATIONAL ACTIVIST

WHO

American writer, Feminist and Civil Rights Activist



Audre Lorde
1934-1992

WHAT

Wrote poetry around issues such as racism, homophobia and violence

HOW

Used her fame to fight for rights, especially for those who were not 'heteronormative, white women'

"I have come to believe over and over again that what is most important to me must be spoken, made verbal and shared, even at the risk of having it bruised or misunderstood"

① RECOGNISE YOUR OWN INTERNALISED STEREOTYPES & STOP THEM BECOMING PREJUDICES. BE ACCOUNTABLE, BE OPEN TO CRITICISM AND BE WILLING TO KEEP LEARNING

⑥ YOUR SUPPORT IS IMPORTANT FOR ACHIEVING SOCIAL CHANGE AND REACHING EQUALITY (ALTHOUGH IT'S IMPORTANT TO NOT TRY TO TAKE ALL THE CREDIT) SO BE ANGRY AND KEEP FIGHTING

② DON'T USE YOUR VOICE OR POSITION OF PRIVILEGE TO SPEAK OVER THE PEOPLE / THE GROUP YOU ARE AN ALLY TO.



⑤ USE ANY RESOURCES, CONNECTIONS AND PLATFORMS YOU MAY HAVE TO KEEP SPREADING THE MESSAGE

③ KEEP EDUCATING YOURSELF ON THE ISSUE (FOR EXAMPLE BY READING ARTICLES, BLOG POSTS, RESEARCHING THE HISTORY ETC.) BUT MOST IMPORTANTLY, LISTEN TO FIRST-HAND ACCOUNTS FROM THOSE WHO ARE DIRECTLY IMPACTED BY THE ISSUE. THEY ARE THE EXPERTS.

④ BE WILLING TO EDUCATE OTHERS. YOU CAN'T PICK AND CHOOSE TO BE AN ALLY ONLY WHEN IT IS CONVENIENT TO BE...

DISCRIMINATION

You can't be discriminated against based on your mental health. An employer, public service or place of education can not treat you worse than someone else because you declare that you have a mental health condition

A mental health condition can be classed as a disability if it has had a significant impact on your life for at least 12 months. If this is the case, you are protected under The Equality Act 2010

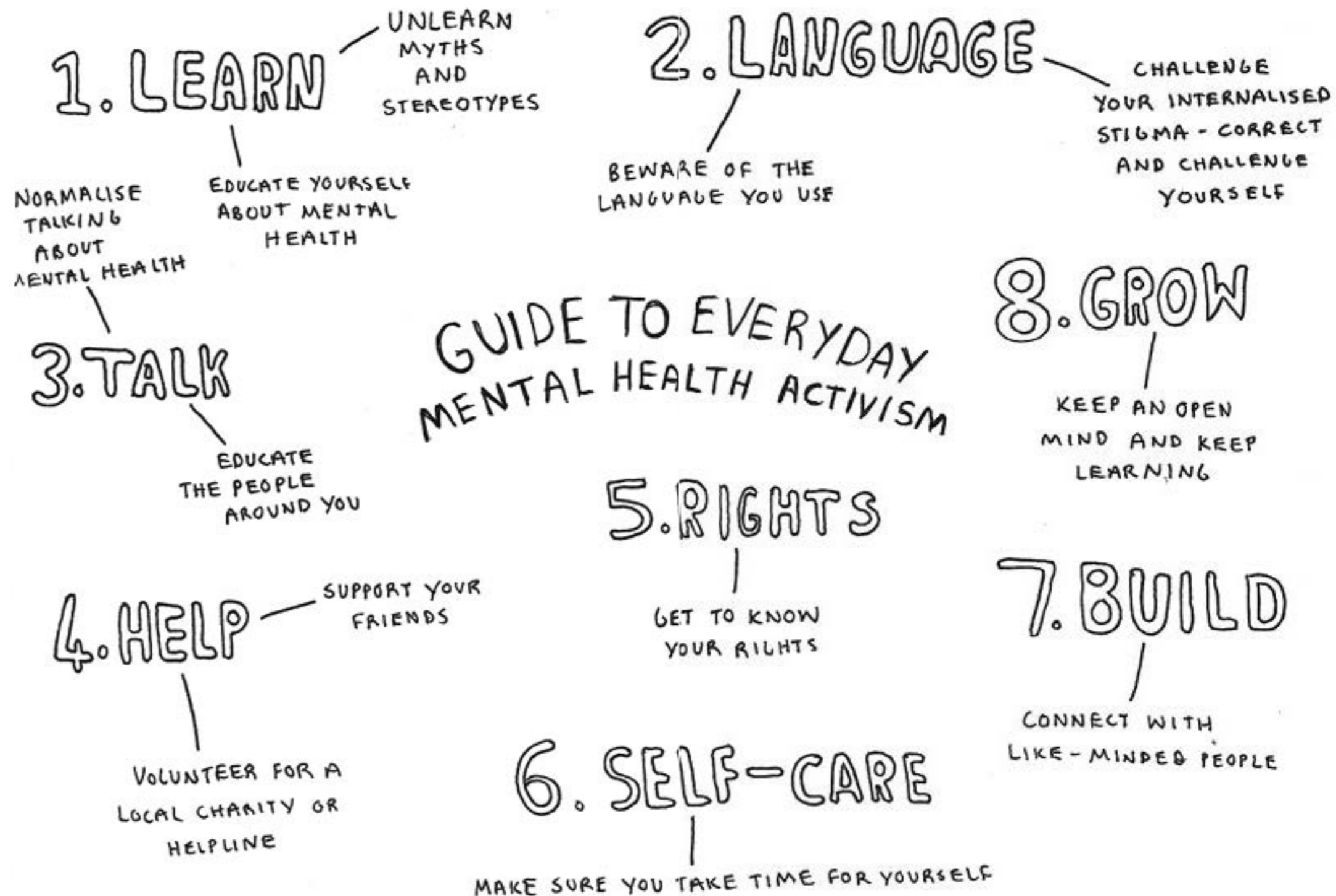
Mental Health Rights in Work and Education

REASONABLE ADJUSTMENTS

Your place of work or employment could make reasonable adjustments to make it easier for you to work or study whilst you are struggling with your mental health. For example you might be able to do some work from home

Remember that exam arrangements are there for mental health needs, not just physical or learning needs. You might be able to get provisions such as rest breaks or a separate room if this would help you sit the exam

You are entitled to take time off for your mental health



YOUR RIGHTS

TO HAVE THE RIGHT TO:

- ⊗ BE YOU
- ⊗ PUT YOURSELF FIRST
- ⊗ BE SAFE
- ⊗ TO LOVE + BE LOVED
- ⊗ TO BE RESPECTED
- ⊗ BE ANGRY AND PROTEST
- ⊗ HAVE IMPERFECTIONS
- ⊗ YOUR PRIVACY
- ⊗ YOUR OWN OPINIONS, TO EXPRESS THEM + TO BE TAKEN SERIOUSLY
- ⊗ SAY NO

⊗ ASK QUESTIONS
 ⊗ MAKE DECISIONS ABOUT THINGS THAT AFFECT YOU

⊗ GROW AND CHANGE

⊗ MAKE MISTAKES

⊗ NOT BE LIKED BY EVERYONE

⊗ BE IN CONTROL OF YOUR LIFE

KNOW YOUR RIGHTS



LOWIE

UNDERSTANDING YOUR RIGHTS WITHIN THE MENTAL HEALTH ACT:

WHAT IS THE MENTAL HEALTH ACT? THIS IS A PIECE OF LEGISLATION WHICH ENABLES A PERSON TO BE DETAINED IN HOSPITAL FOR TREATMENT / ASSESSMENT AGAINST THEIR WILL. IT IS USED WHEN SOMEONE IS EXTREMELY UNWELL AND DUE TO A MENTAL ILLNESS THEY DON'T HAVE THE CAPACITY TO MAKE DECISIONS IN THEIR OWN BEST INTEREST / POSE A SIGNIFICANT RISK TO THEMSELF (OR OTHERS).

THE MENTAL HEALTH ACT IS USED RELATIVELY INFREQUENTLY BUT IT IS ALWAYS USEFUL TO UNDERSTAND RIGHTS AND BREAK DOWN MYTHS AND STEREOTYPES.

THERE ARE QUITE A FEW SECTIONS UNDER THE ACT, THESE ARE THE MAIN ONES:

SECTION 136: A TEMPORARY SECTION (LASTS UP TO 72 HOURS) USED WHEN SOMEONE IS AT RISK IN A PUBLIC PLACE. THE PERSON IS TAKEN TO A PLACE OF SAFETY UNTIL AN ASSESSMENT IS ARRANGED. POLICE OFFICERS ARE ABLE TO USE THIS.

SECTION 2: A PERSON CAN BE DETAINED FOR UP TO 28 DAYS FOR ASSESSMENT IN HOSPITAL.

SECTION 3: A PERSON IS DETAINED FOR UP TO 6 MONTHS FOR TREATMENT IN HOSPITAL.

RIGHTS:

- TO BE GIVEN COMPLETE AND UNDERSTANDABLE INFORMATION REGARDING YOUR RIGHTS.
- THERE ARE MULTIPLE APPEAL PROCESSES WHICH NURSES / STAFF MUST EXPLAIN AND SUPPORT WITH.
- FREE ACCESS TO A SOLICITOR AND AN INDEPENDENT MENTAL HEALTH ADVOCATE (IMHA).
- TO BE TREATED WITH DIGNITY AND RESPECT IN A SAFE

FOR FURTHER INFORMATION AND ADVICE VISIT:
 WWW.RETHINK.ORG / LIVING-WITH-MENTAL-ILLNESS / MENTAL-HEALTH-LAWS
 OR CONTACT LEGAL@MIND.ORG.UK / 0300 466 6463

HOSPITAL ENVIRONMENT. A PERSON'S AGE, GENDER IDENTITY, MENTAL, PHYSICAL, SOCIAL AND CULTURAL NEEDS MUST BE RESPECTED.

- THE RIGHT TO COMPLAIN
- TO HAVE CONFIDENTIALITY
- TO HAVE REGULAR REVIEWS
- TO BE GIVEN AFTERCARE AND SUPPORT POST DISCHARGE
- WHERE POSSIBLE INFORMED CONSENT IS NEEDED FOR TREATMENTS WHILE IN HOSPITAL (SUCH AS TAKING MEDICATION).

MYTHS:

- "PEOPLE WHO ARE SECTIONED ARE CRIMINALS / VIOLENT"
 IN SOME CASES THE MENTAL HEALTH ACT IS USED BY COURTS BUT IN THE VAST MAJORITY OF CASES, PEOPLE WHO ARE SECTIONED HAVE NOT COMMITTED CRIMES AND ARE IN NO WAY VIOLENT. BEING SECTIONED DOES NOT SHOW ON A CRIMINAL RECORD.
- "YOU CAN'T WORK WITH CHILDREN IF YOU'VE BEEN SECTIONED"
 DISCRIMINATION LAWS MEAN IT IS ILLEGAL TO NOT EMPLOY SOMEONE BASED ON DISABILITY / MENTAL ILLNESS. AN EMPLOYER WOULD NOT KNOW IF SOMEONE HAD BEEN SECTIONED. THEY CAN WORK ANYWHERE (INCLUDING WITH CHILDREN, IN HOSPITALS AND EMERGENCY SERVICES)
- PEOPLE SECTIONED UNDER THE MENTAL HEALTH ACT CAN VOTE IN ELECTIONS
- PEOPLE ON SECTION CAN LEAVE HOSPITAL FOR PERIODS OF TIME (IF AGREED WITH THEIR CARE TEAM)

THE MENTAL HEALTH ACT MUST BE USED IN LINE WITH THE LAW AND CODES OF PRACTICE. DOCTORS NEED TRAINING AND ACCREDITATION AND MULTIPLE PROFESSIONALS MUST AGREE ON DECISIONS TO USE THE MENTAL HEALTH ACT.

YOU HAVE THE RIGHT TO BE RESPECTED NO MATTER HOW YOU PRESENT



BY
LOWIE
TREVENA

AFTER BEING ASSURED THAT EVERYTHING I HAD SAID WAS COMPLETELY CONFIDENTIAL, I FOUND OUT THAT THE THINGS I TALKED ABOUT HAD BEEN SHARED BEHIND MY BACK WITHOUT MY KNOWLEDGE OR CONSENT

QUOTES FROM
'THE MENTALITY
PROJECT'
OF BOTH
POSITIVE AND
NEGATIVE
EXPERIENCES
AROUND RIGHTS

I WANTED TO LOOK AT THE NOTES THAT AN ORGANISATION HAD ABOUT ME. A WORKER HELPED ME WRITE AN EMAIL WITH THE REQUEST,

AND (ONCE I HAD THE NOTES) ANSWERED ANY QUESTIONS I HAD ABOUT WHY THE INFORMATION HAD BEEN STORED...

ACTIVISM PLAYLIST

(songs to help you change the world!)

- REVOLUTION - THE BEATLES
- I WISH I KNEW HOW IT WOULD FEEL TO BE FREE - NINA SIMONE
- GET UP STAND UP - BOB MARLEY
- TALKIN' BOUT A REVOLUTION - TRACY CHAPMAN
- THE TIMES THEY ARE A-CHANGIN' - BOB DYLAN
- WAR - EDWIN STARR
- TEAR THE FASCISTS DOWN - WOODY GUTHRIE
- GIVE PEACE A CHANCE - THE PLASTIC ONO BAND

Helplines

Phonelines

Childline
0800 1111

Samaritans
116 123

Papyrus Helpline (UK)
0800 068 4141
10am - 10pm weekdays
2pm - 10pm weekends

Calm (for men)
0800 58 58 58
Also have an online option

Mindline Trans+
0300 3305468

999

online + Text

CASS (mainly for people identifying as female)

0808 800 8088
Monday - Friday 7-10pm

NHS Choices

Kooth

The Mix

If you are in crises or need urgent medical assistance please call 999, or NHS 111 for general support.

OTR

THE MENTALITY PROJECT

The Mentality Project is OTR's award-winning youth-led social action project that works to challenge the stigma, discrimination, and social inequality surrounding young people's mental health.

Mentality is made up of young volunteers aged 13-21, and the project offers training, support, and accreditation, and encourages volunteers to find their individual and collective voice.

A lot of our members also say how joining the project has had a positive impact on their wellbeing - we see volunteering and social action as a great way to look after your mental health!

Young people on the Mentality Project outreach to schools, colleges and other youth settings across Bristol and South Gloucestershire, delivering training and workshops to thousands of young people and professionals each year.

If you join Mentality you can expect to meet amazing new people, learn loads, and get that amazing feeling from knowing you're making a difference out there in the world!

The group meets every Thursday 5.30pm - 7.30pm @ OTR's premises in Old Market, BS2 0BH. You don't need to be able to commit to every session, and you can stay a member for as long as you like.

You can arrive from 5 for a drink and a chat.