

**CROSSWAYS COMMUNITY** is a Christian charity that supports people with mental health difficulties. Started in 1967, Crossways runs three residential schemes, ranging from a care home for people with acute/chronic needs to self-contained flats for people moving towards independent living.

Crossways is also dedicated to reaching out to the community. Hence, the purpose of this course is to help explain a bit more about basic mental health and how to relate to other people (including those without mental ill-health). The more each of us understands about mental health, the better equipped we are to help both ourselves and others.

### Who do you see in this picture?



*Do you see a young woman looking into the distance or an old woman looking to the left?*

It's easy to see what we want to see and forget that a real person is involved.



Mrs Carole Wicks  
72 Powdermill Lane  
Tunbridge Wells  
TN4 9EJ  
01892 529098  
carole.wicks@crosswayscommunity.org.uk

Mr Steve Howcroft  
8 Culverden Park Road  
Tunbridge Wells  
TN4 9QX  
01892 540843  
steve@crosswayscommunity.org.uk

*talk to someone*

*"Being diagnosed with a [mental health problem] was hard....but being dropped by one of my oldest friends was really painful"*

*How are you feeling?*



## Mental Health Awareness



*If only someone would listen to me*

**"Every 30 minutes a teenager cuts, burns, or scalds themselves"**

## Helping to Remove the Stigma of Mental Ill Health

Many teenagers will know or have heard of someone who self-harms or has some other form of mental health difficulty.



Estimates vary, but **1 in 10 children** between the ages of 5 and 16 has a mental health disorder at any one time.

*(Source: Office of National Statistics)*

Most children live in the community; removing the stigma of mental ill-health means that they can be accepted and encouraged to live productive lives.



"The illusions were good, they helped me realise everyone thinks differently"  
Student

## Challenging Ideas and People's Perceptions

**What Crossways Can Do To Help Organised to fit into the school timetable, the course is broken up into several sessions.**

The first session looks to:

- challenge perceptions of reality
- see how labels are used to "pigeon-hole" people and
- how listening is important in valuing people.

Further sessions look at:

- the ways we communicate
- How we relate to people so as to better understand them.

Each session includes interactive elements which help people explore their own attitudes.

### Something for Teachers?

A longer session (up to 3 hours) is available for adults wanting to explore issues further.

## Helping to Promote Good Mental Health

If you told people you were **seriously depressed**, how many of them would cope? Shouldn't we be doing something about this?

Our approach is to help teenagers understand why labelling people can be harmful and by listening and accepting, they can help support their friends.

"It was a good way of raising the students' awareness" Teacher

"It was good because it wasn't just sitting and listening" Student

This is an excellent workshop. Thank you Teacher