



MENTAL HEALTH FOUNDATION
IAIN FRENCH
PROJECTS OFFICER (YOUTH
ENGAGEMENT)

#SUIIPAW

@MHFScot

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Mental Health
Foundation
Scotland

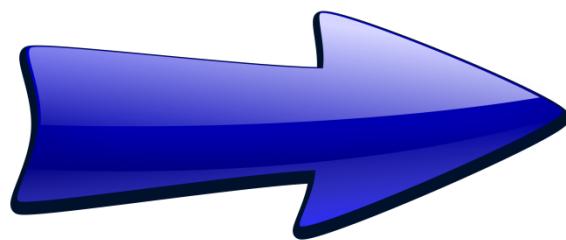
AIMS OF THE PRESENTATION



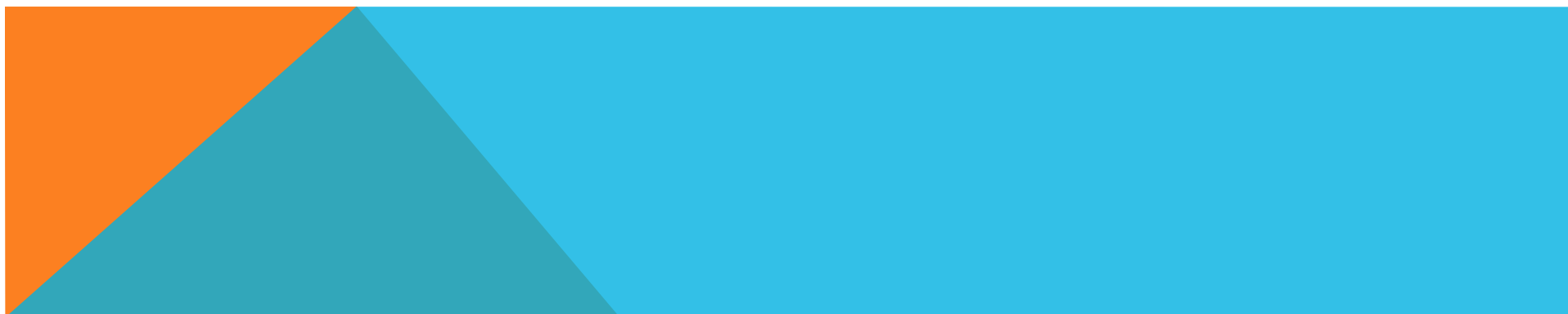
WHO ARE MHF?

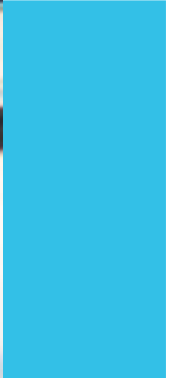


FROM UCAN



WECAN







SCENARIOS

Who?
 Name: Maria
 Age: 14
 Condition / symptoms: Arthritis, which causes pain in joints and makes it difficult to stand for long

Where?
 On the train

Who else is there?
 Person receiving Ucard: Passenger
 Any bystanders: Conductor and other passengers

What's the problem?
 There are no seats on the train, and Maria won't be able to stand for the whole journey. Because people can't see that she has arthritis and she is young, no-one offers her a seat. She feels worried about asking people in case they don't believe her.

What does the person need?
 Maria needs someone to give up their seat so she can sit down.

Are there any risks?
 The person could be rude to her.

How could they decrease the risk?
 Speak to the conductor if necessary.

Now write out your Ucard!

It's a good day for Maria...

I've got these cards, I might give you them on a bad day if I need help

I'm having a bad day. I'll use the cards

School break, it is a bad day for Maria

Maria gives her friends her card

Now we understand ~~standing~~ Maria is sore & tired.

THE CARD SAYS...

I'M HAVING A BAD DAY. THIS MEANS -

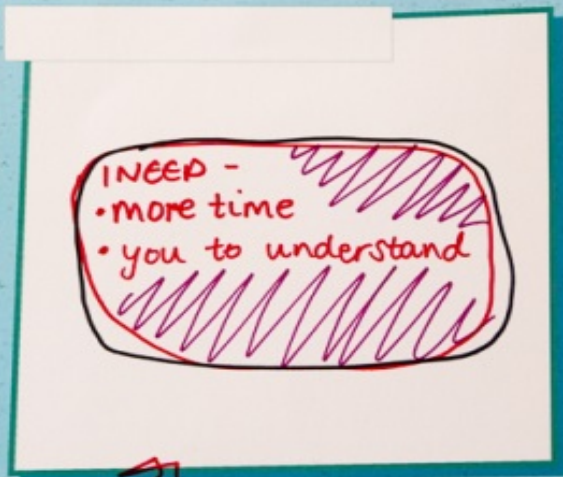
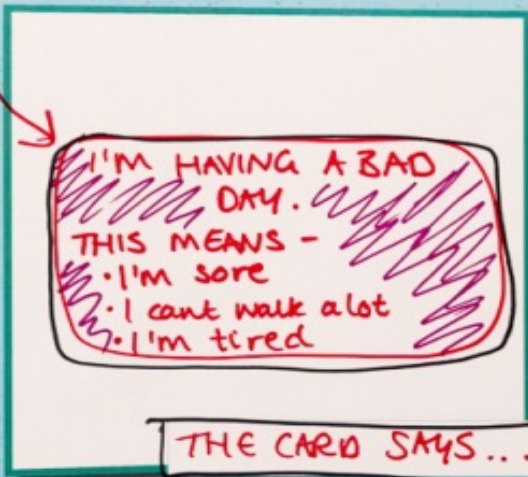
- I'm sore
- I can't walk a lot
- I'm tired

I NEED more you

HOW... WILL WORK

mental health foundation

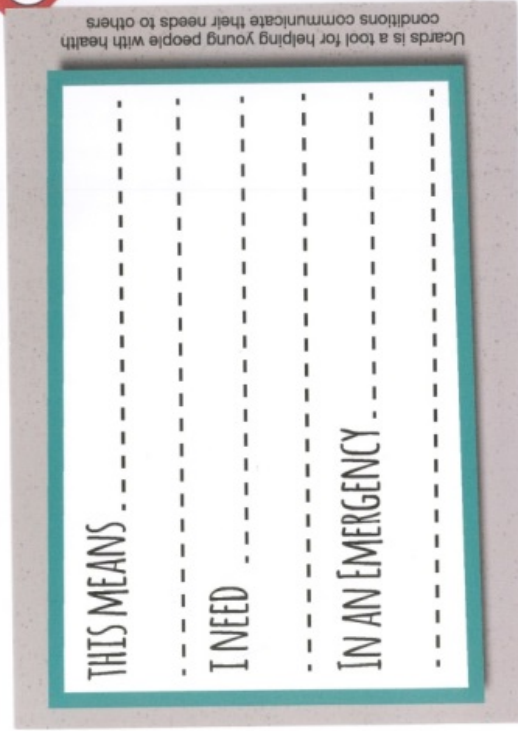
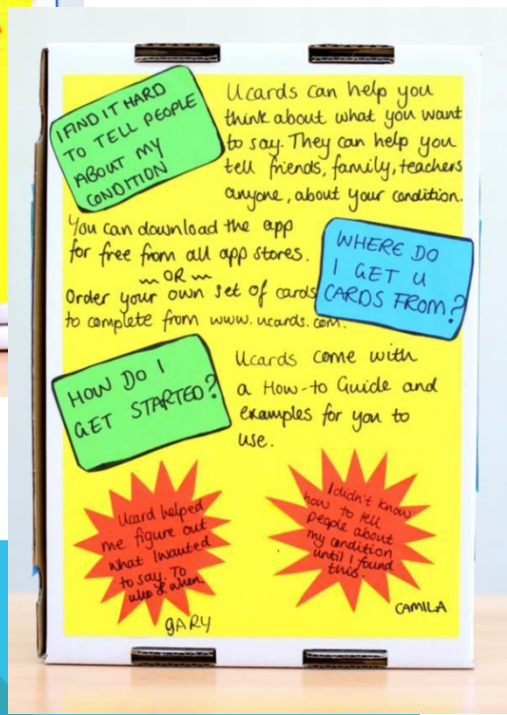
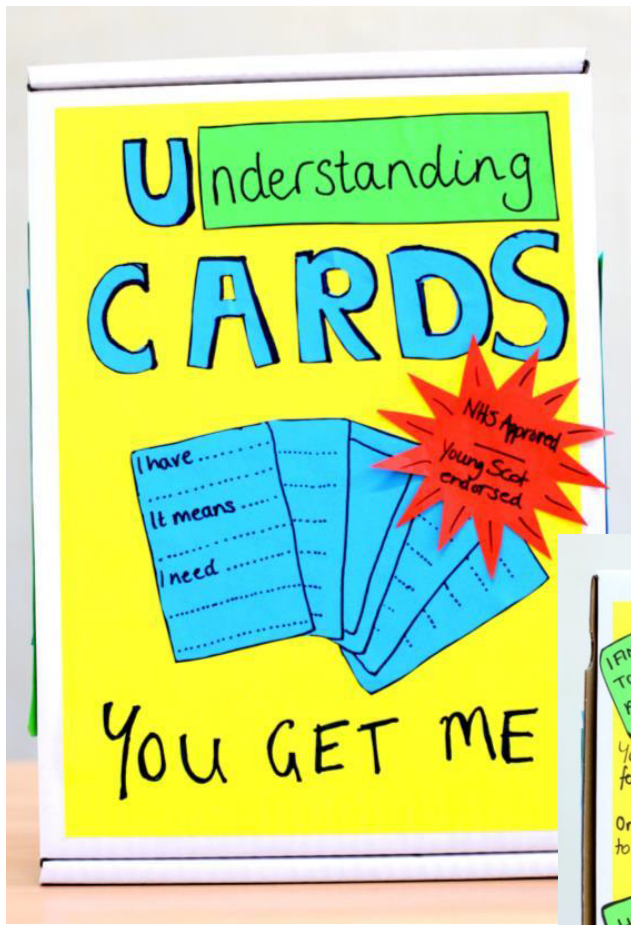
It's a good day for Maria...



THE CARD SAYS...

HOW...

WILL WORK



UCARDS were developed



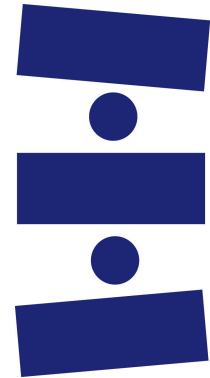
Happiness is just as important as your 5 a day.

| FEEL | SAY | Do |
|--|------------------------------|-----------------------|
| pinst needle (seizure) | mum: symptom | rest |
| tummy sore | mum: have a sore tummy | medicine + laydown |
| Nervous, muddled effect your body | | |

Stress Less interactive workshops



VERSUS ARTHRITIS



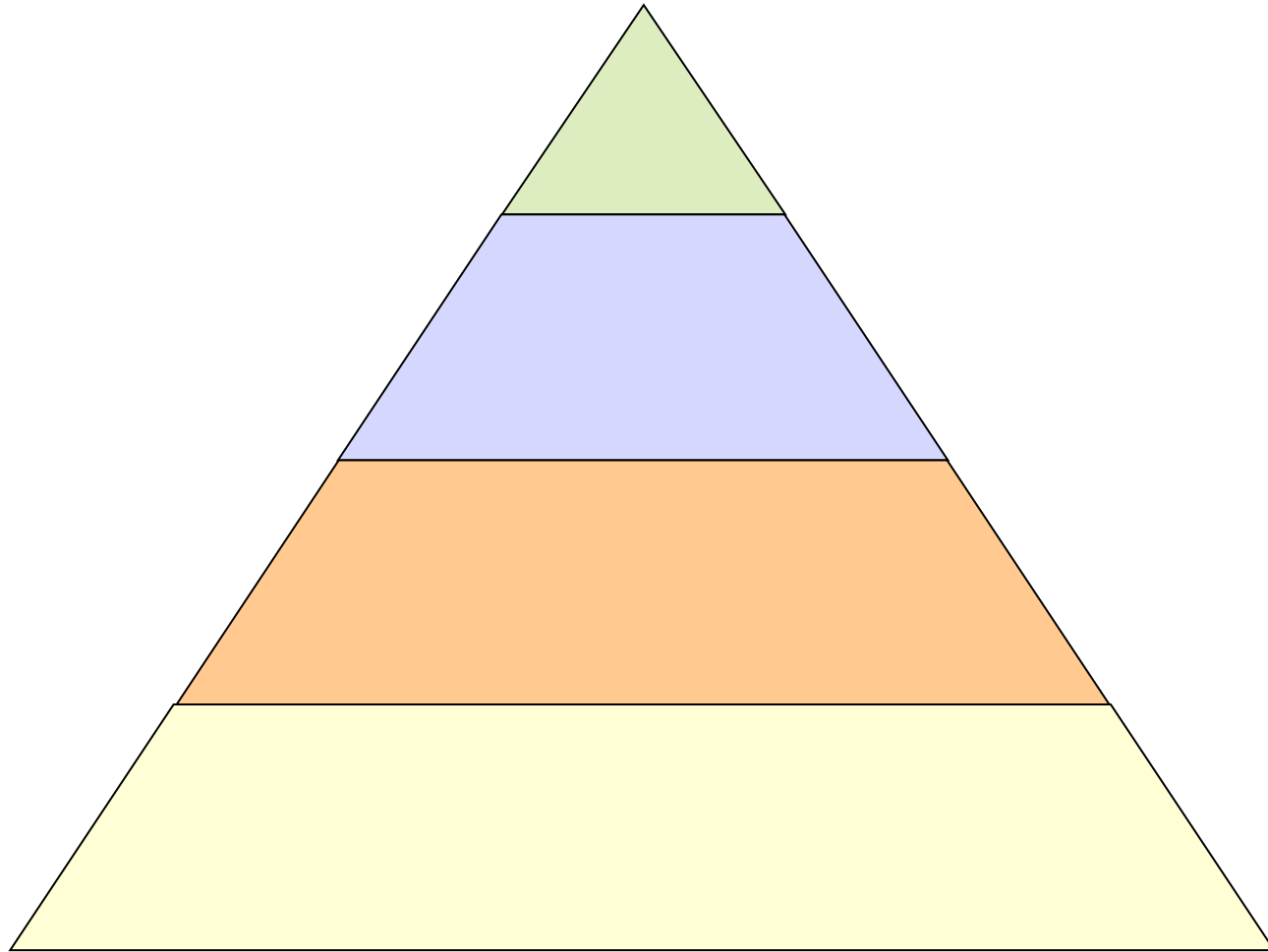
scottish
spina bifida
association



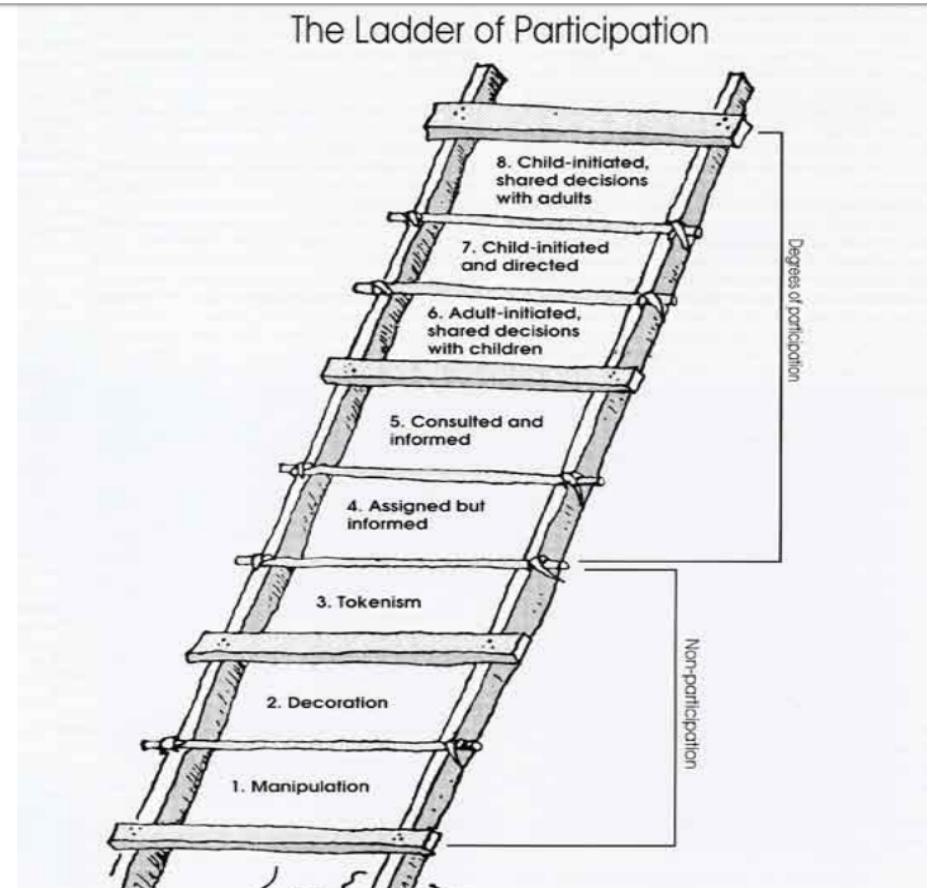
LONG TERM CONDITION APPROVED



STRESS LESS IN THE MAINSTREAM

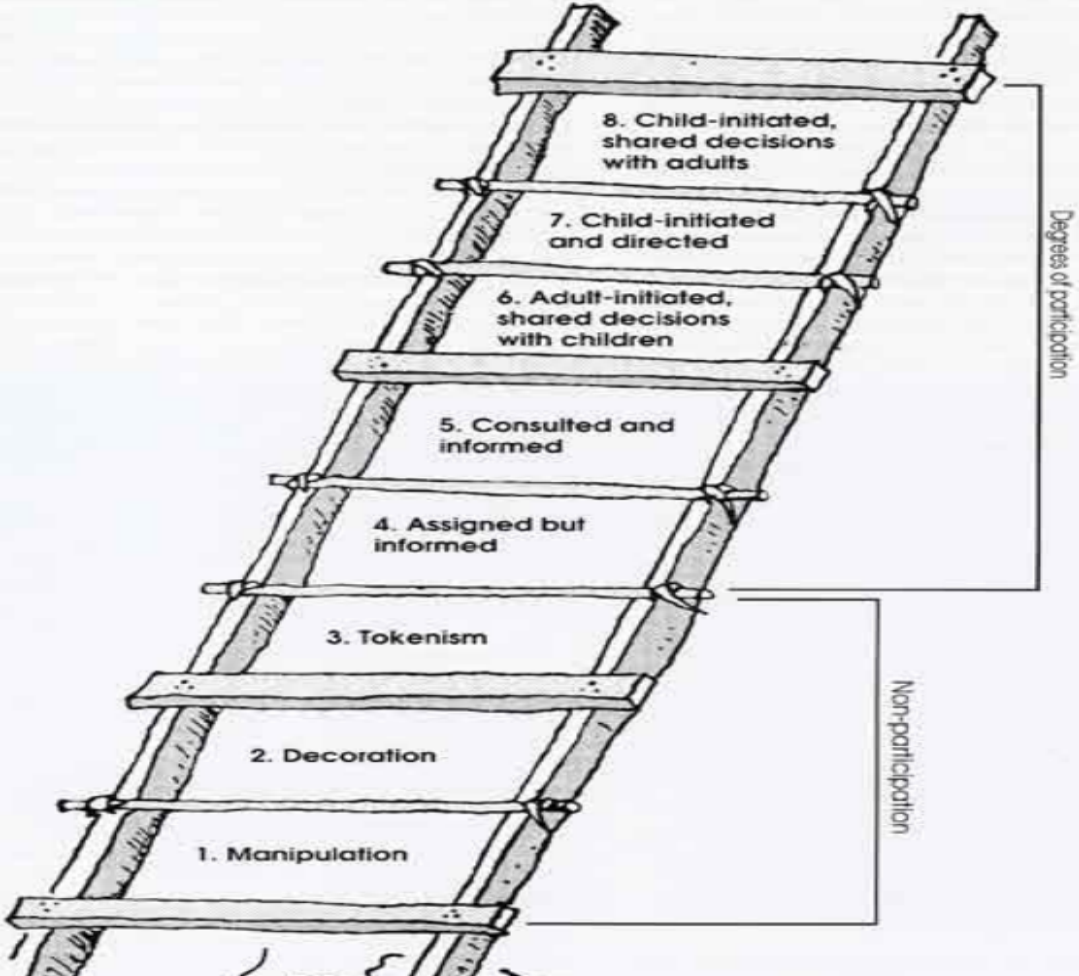


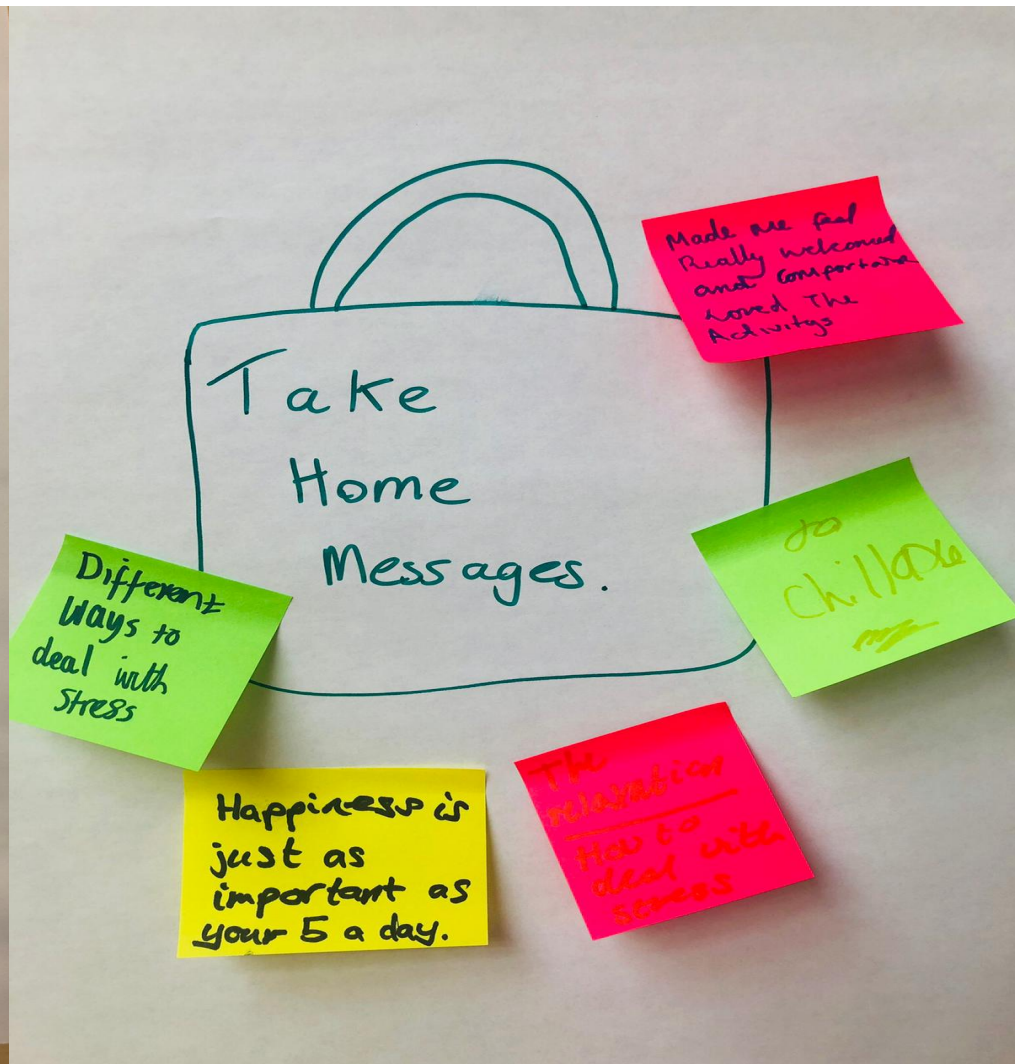
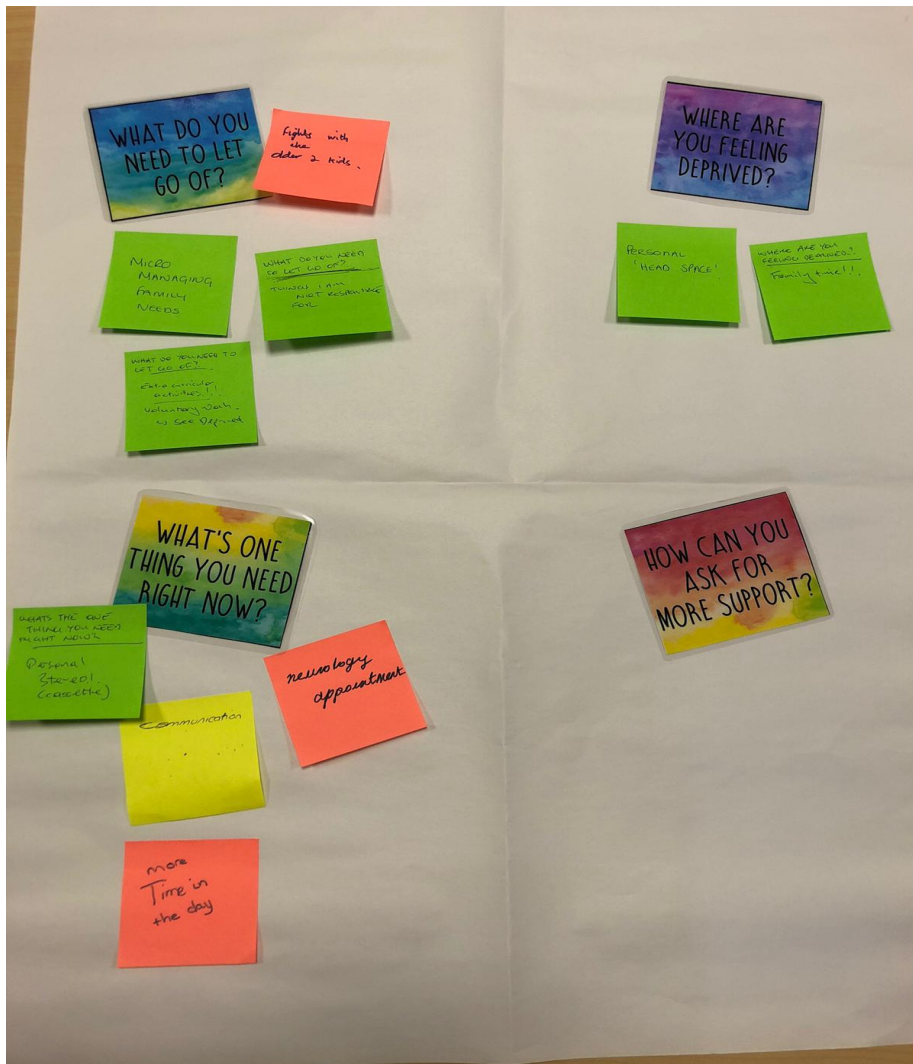
RECOGNISING DIFFERENT LEVELS OF PARTICIPATION



YOUNG PEOPLE

The Ladder of Participation





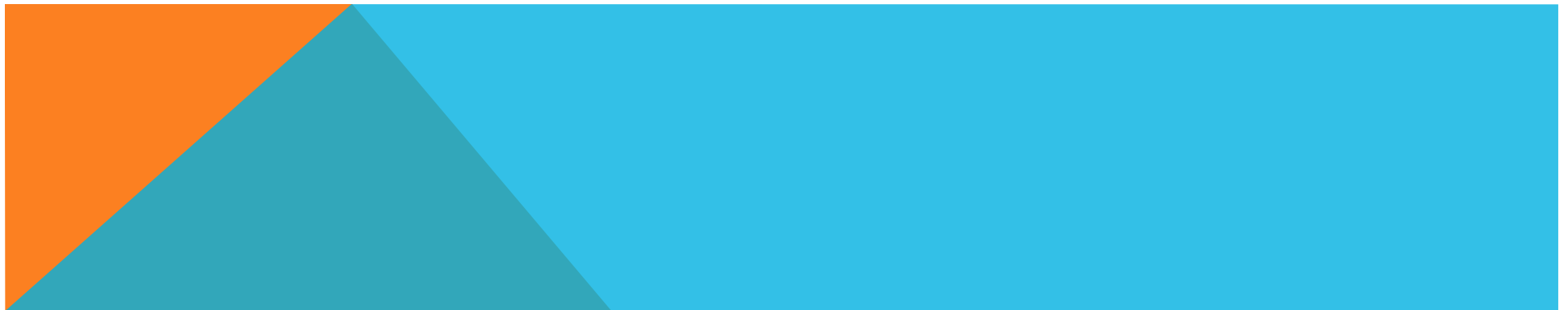
FEEDBACK

SCOTTISH
MENTAL HEALTH
ARTS FESTIVAL



CO-DESIGN

weCAN





IN CONCLUSION



QUESTIONS?